

THE GENERAL WARMUP

| EXERCISE | SETS | REPS/TIME | NOTES |
|---|------|-----------|---|
| Low intensity cardio | N/a | 5-10min | Pick any machine which elevates your heart rate to 100-135bpm |
| Foam rolling/lacrosse ball | N/a | 2-3min | Foam roll large muscle groups: quads, lats, calves. Optionally use a lacrosse ball for smaller muscle groups: pecs, delts, hamstrings |
| Front/back leg swing | 1 | 12 | 12 Each leg |
| Side/side leg swing | 1 | 12 | 12 Each leg |
| Standing glute squeeze | 1 | 15 Sec | Squeeze your glutes as hard as possible |
| Prone trap raise | 1 | 15 | Mind muscle connection with mid back |
| Cable external rotation <i>(Optional)</i> | 1 | 15 | 15 Each side |
| Cable internal rotation <i>(Optional)</i> | 1 | 15 | 15 Each side |
| Overhead shrug <i>(Optional)</i> | 1 | 15 | Light squeeze on traps at the top of each rep |

THE SPECIFIC PYRAMID WARMUP

Before the first exercise for each bodypart, perform a basic loading pyramid:

- Pyramid up in weight with 3-4 light sets, getting progressively heavier.
- Such a warmup is only required for Primary Exercises
- For example, if you were working up to 4 sets of 350 pounds for 5 reps on the squat, you could warm up as follows:
 - Bar (45 lbs) x 15 reps
 - 135 lbs x 5 reps

- 225 lbs x 4 reps
 - 275 lbs x 3 reps
 - 315 lbs x 2 reps
 - Then begin working sets with 350 lbs for 5 reps
- On a %1RM basis, warm up pyramids can be structured like this:
- Bar (45 lbs) x 15 reps
 - 40% lbs x 5 reps
 - 50% lbs x 4 reps
 - 60% lbs x 3 reps
 - 70–75% lbs x 2 reps
 - Begin working sets

Remember that such an extensive warmup is only required for Primary Exercises.

WEEK 1

POWERBUILDING

2.0

| WEEK 1 | EXERCISE | WARM-UP SETS | WORKING SETS | REPS | %1RM | RPE | REST | SET 1 | SET 2 | SET 3 | SET 4 | NOTES |
|-------------------|--------------------------------------|--------------|--------------|-------|------------|-----|---------|-------|-------|-------|-------|---|
| FULL BODY 1 | BACK SQUAT | 4 | 1 | 2 | 82.5-87.5% | 7 | 3-4 MIN | | | | | TOP SET, GET COMFORTABLE WITH HEAVIER LOADS WHILE KEEPING PERFECT TECHNIQUE |
| | FRONT SQUAT [OR BOX SQUAT] | 0 | 3 | 8 | N/A | 7 | 3-4 MIN | | | | | IF YOU LOW BAR SQUAT, DO FRONT SQUAT. IF YOU HIGH BAR SQUAT, DO BARBELL BOX SQUAT |
| | BARBELL BENCH PRESS | 4 | 1 | 4 | 80-85% | 8.5 | 3-4 MIN | | | | | TOP SET, GET COMFORTABLE WITH HEAVIER LOADS WHILE KEEPING PERFECT TECHNIQUE |
| | BARBELL BENCH PRESS | 0 | 2 | 6 | 75-80% | 7 | 1-2 MIN | | | | | SUBMAXIMAL BENCH PRESS, BE HYPERCRITICAL OF FORM |
| | WEIGHTED PULL-UP | 1 | 3 | 4-6 | N/A | 8 | 1-2 MIN | | | | | 1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR |
| | GLUTE-HAM RAISE [OR NORDIC HAM CURL] | 1 | 3 | 6-8 | N/A | 7 | 1-2 MIN | | | | | KEEP YOUR HIPS STRAIGHT, DO NORDIC HAM CURLS IF NO GHR MACHINE |
| | SEATED FACE PULL | 0 | 4 | 15-20 | N/A | 9 | 1-2 MIN | | | | | DON'T GO TOO HEAVY, FOCUS ON MIND-MUSCLE CONNECTION |

| | | | | | | | | | | | | |
|-------------------|------------------------|---|--------|-------|-----|---|---------|--|--|--|--|---|
| FULL BODY 2 | DEADLIFT | 4 | 3 | 4 | 80% | 7 | 3-5 MIN | | | | | TECHNIQUE WORK, AVOID TURNING THESE INTO TOUCH-AND-GO REPS |
| | BARBELL OVERHEAD PRESS | 3 | 4 | 5 | 75% | 8 | 3-4 MIN | | | | | SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK |
| | BULGARIAN SPLIT SQUAT | 1 | 2 EACH | 8-10 | N/A | 9 | 2-3 MIN | | | | | START WITH YOUR WEAKER LEG WORKING. SQUAT DEEP |
| | MEADOWS ROW | 1 | 4 | 12-15 | N/A | 8 | 2-3 MIN | | | | | BRACE WITH YOUR OTHER HAND, STAY LIGHT, EMPHASIZE FORM |
| | BARBELL OR EZ BAR CURL | 1 | 3 | 8-10 | N/A | 8 | 1-2 MIN | | | | | USE MINIMAL MOMENTUM, CONTROL THE ECCENTRIC PHASE |
| | PEC FLYE | 1 | 2 | 12-15 | N/A | 8 | 1-2 MIN | | | | | PERFORM WITH CABLES, BANDS, OR DUMBBELLS. USE FULL ROM. STRETCH YOUR PECS AT THE BOTTOM |

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

| WEEK 1 | EXERCISE | WARM-UP SETS | WORKING SETS | REPS | %1RM | RPE | REST | SET 1 | SET 2 | SET 3 | SET 4 | NOTES |
|-------------------|-----------------------|--------------|--------------|------------|------------|-----|---------|-------|-------|-------|-------|---|
| FULL BODY 3 | BACK SQUAT | 4 | 1 | 6 | 75-80% | 7 | 3-4 MIN | | | | | SIT BACK AND DOWN, KEEP YOUR UPPER BACK TIGHT TO THE BAR |
| | PIN SQUAT | 0 | 2 | 4 | 70% | 8 | 3-4 MIN | | | | | SET THE PINS TO AROUND PARALLEL. DEAD STOP ON THE PINS, DON'T BOUNCE AND GO |
| | BARBELL BENCH PRESS | 4 | 1 | 1 | 87.5-92.5% | 8 | 3-4 MIN | | | | | WORKING TOP SET, BUILD CONFIDENCE WITH HEAVIER LOADS |
| | BARBELL BENCH PRESS | 0 | 1 | 5 | 80% | 8 | 3-4 MIN | | | | | FOCUS ON PERFECTING TECHNIQUE, SLIGHT PAUSE ON THE CHEST |
| | BARBELL BENCH PRESS | 0 | 1 | 10 | 65% | 8 | 3-4 MIN | | | | | TRY TO STAY FLUID WITH THESE, THINK OF THEM AS "PAUSE-AND-GO" |
| | CHIN-UP | 1 | 3 | "AMRAP" | N/A | 8 | 3-4 MIN | | | | | AS MANY REPS AS POSSIBLE, BUT STOP AT RPE8 |
| | SINGLE-LEG HIP THRUST | 0 | 2 | 10-12 EACH | N/A | 8 | 1-2 MIN | | | | | KEEP YOUR CHIN TUCKED DOWN AND SQUEEZE YOUR GLUTES TO MOVE THE WEIGHT |
| | CABLE REVERSE FLYE | 0 | 4 | 12-15 | N/A | 8 | 1-2 MIN | | | | | KEEP ELBOWS LOCKED IN PLACE, SQUEEZE THE CABLE HANDLES HARD! |
| | STANDING CALF RAISE | 0 | 3 | 8-10 | N/A | 9 | 1-2 MIN | | | | | 1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL SQUEEZE AT THE TOP |

| | | | | | | | | | | | | |
|-------------------|---------------------------------|---|---|-------|-----|---|---------|--|--|--|--|---|
| FULL BODY 4 | 6" BLOCK PULL | 4 | 2 | 6 | 90% | 9 | 4-6 MIN | | | | | GET VERY TIGHT PRIOR TO PULLING, USE 85% IF YOU'RE NOT EXPERIENCED WITH BLOCK PULLS. USE STANDARD DEADLIFT 1RM FOR 1RM %S. |
| | PAUSE DB INCLINE PRESS | 3 | 4 | 6-8 | N/A | 8 | 3-4 MIN | | | | | 3-SECOND PAUSE. SINK THE DUMBBELLS AS LOW AS YOU COMFORTABLY CAN |
| | LEG CURL (CHOICE) | 1 | 3 | 12-15 | N/A | 8 | 2-3 MIN | | | | | USE SEATED LEG CURL IF AVAILABLE. CAN USE LYING LEG CURL OR NORDIC HAM CURL IF NO MACHINE ACCESS. FOCUS ON THE MIND-MUSCLE CONNECTION |
| | CHEST-SUPPORTED ROW | 1 | 4 | 10-12 | N/A | 8 | 2-3 MIN | | | | | CAN USE MACHINE OR DUMBBELLS. FULL STRETCH AT THE BOTTOM, SQUEEZE AT THE TOP |
| | ROPE OVERHEAD TRICEPS EXTENSION | 1 | 4 | 12-15 | N/A | 8 | 1-2 MIN | | | | | FOCUS ON STRETCHING THE TRICEPS AT THE BOTTOM |
| | EGYPTIAN LATERAL RAISE | 1 | 4 | 8-10 | N/A | 8 | 1-2 MIN | | | | | LEAN AWAY FROM THE CABLE. FOCUS ON SQUEEZING YOUR DELTS. |

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

IF YOU HAVE A 5TH DAY AVAILABLE TO TRAIN AND WOULD LIKE TO PRIORITIZE ADDITIONAL ARM HYPERTROPHY, THERE IS AN OPTIONAL ARM & HYPERTROPHY DAY YOU CAN RUN ON PAGE 75.

WEEK 2

POWERBUILDING

2.0

| WEEK 2 | EXERCISE | WARM-UP SETS | WORKING SETS | REPS | %1RM | RPE | REST | SET 1 | SET 2 | SET 3 | SET 4 | NOTES |
|------------|-------------------------------------|--------------|--------------|------------|--------|-----|---------|-------|-------|-------|-------|--|
| LOWER 1 | BACK SQUAT | 3 | 3 | 4 | 75-80% | 7 | 3-5 MIN | | | | | SUBMAXIMAL SETS, APPROACH THESE SETS WITH CONFIDENCE. FOCUS ON TECHNIQUE |
| | BARBELL RDL | 2 | 3 | 10 | N/A | 6 | 2-4 MIN | | | | | EMPHASIZE THE STRETCH IN YOUR HAMSTRINGS, PREVENT YOUR LOWER BACK FROM ROUNDING |
| | UNILATERAL LEG PRESS | 1 | 2 EACH | 12-15 | N/A | 8 | 1-2 MIN | | | | | HIGH AND WIDE FOOT POSITIONING, START WITH YOUR WEAKER LEG |
| | ECCENTRIC-ACCENTUATED LEG EXTENSION | 0 | 2 | 10-12 | N/A | 10 | 2-3 MIN | | | | | 4-SECOND LOWERING PHASE |
| | LEG CURL (CHOICE) | 0 | 2 | 10/15 | N/A | 10 | 2-3 MIN | | | | | DROPSET: DO 10 REPS, LOWER THE WEIGHT ~30-50%, DO ANOTHER 15 REPS. USE SEATED LEG CURL IF AVAILABLE. CAN USE LYING LEG CURL OR NORDIC HAM CURL IF NO MACHINE ACCESS. FOCUS ON THE MIND-MUSCLE CONNECTION |
| | STANDING CALF RAISE | 1 | 3 | 12-15 | N/A | 8 | 2-3 MIN | | | | | THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET |
| | A1: WEIGHTED CRUNCH | 0 | 3 | 10-12 EACH | N/A | 8 | 0 MIN | | | | | HOLD A PLATE OR DB TO YOUR CHEST AND CRUNCH HARD! |
| | A2: LONG-LEVER PLANK (OPTIONAL) | 0 | 3 | 30SEC | N/A | 8 | 1-2 MIN | | | | | CONTRACT YOUR GLUTES AND POSITION YOUR ELBOWS UNDER YOUR EYES TO MAKE THE PLANK MORE DIFFICULT |

| | | | | | | | | | | | | |
|------------|---|---|---|------------|-------|----|---------|--|--|--|--|--|
| UPPER 1 | BARBELL BENCH PRESS | 3 | 2 | 8 | 72.5% | 7 | 3-4 MIN | | | | | SUBMAXIMAL SETS, FOCUS ON FORM |
| | WEIGHTED PULL-UP | 2 | 3 | 4-6 | N/A | 9 | 2-3 MIN | | | | | 1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR |
| | MACHINE INCLINE PRESS | 2 | 3 | 10-12 | N/A | 9 | 3-4 MIN | | | | | SMITH MACHINE OR HAMMER STRENGTH MACHINE. USE INCLINE DB PRESS IF NO MACHINE ACCESS. ~45 DEGREE INCLINE. |
| | SEATED CABLE ROW | 2 | 3 | 10-12 | N/A | 9 | 2-3 MIN | | | | | FOCUS ON SQUEEZING YOUR SHOULDER BLADES TOGETHER, DRIVE YOUR ELBOWS DOWN AND BACK |
| | EGYPTIAN LATERAL RAISE | 0 | 3 | 8-10(+4+4) | N/A | 10 | 1-2 MIN | | | | | DO 8-10 REPS TO FAILURE. REST 3-4 SECONDS. DO ANOTHER 4 REPS. REST 2-3 SECONDS. DO ANOTHER 4 REPS. |
| | CONSTANT-TENSION CABLE TRICEPS KICKBACK | 0 | 2 | 20-30 | N/A | 10 | 1-2 MIN | | | | | MAINTAIN A CONSISTENT PACE OF 1 SECOND UP AND 1 SECOND DOWN |
| | HAMMER "CHEAT" CURL | 1 | 3 | 8-10 | N/A | 9 | 1-2 MIN | | | | | YOU CAN USE SLIGHT MOMENTUM ON THE CONCENTRIC, BUT CONTROL THE ECCENTRIC WITH YOUR ELBOWS STATIONARY |

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

WEEK 3

POWERBUILDING

2.0

| WEEK 3 | EXERCISE | WARM-UP SETS | WORKING SETS | REPS | %1RM | RPE | REST | SET 1 | SET 2 | SET 3 | SET 4 | NOTES |
|-------------------|--------------------------------------|--------------|--------------|-------|----------|-----|---------|-------|-------|-------|-------|---|
| FULL BODY 1 | BACK SQUAT | 4 | 1 | 4 | 80-85% | 7 | 3-4 MIN | | | | | TOP SET, GET COMFORTABLE WITH HEAVIER LOADS WHILE KEEPING PERFECT TECHNIQUE |
| | FRONT SQUAT [OR BOX SQUAT] | 0 | 3 | 8 | N/A | 7 | 3-4 MIN | | | | | IF YOU LOW BAR SQUAT, DO FRONT SQUAT. IF YOU HIGH BAR SQUAT, DO BARBELL BOX SQUAT |
| | BARBELL BENCH PRESS | 4 | 1 | 2 | 87.5-90% | 8.5 | 3-4 MIN | | | | | TOP SET, GET COMFORTABLE WITH HEAVIER LOADS WHILE KEEPING PERFECT TECHNIQUE |
| | BARBELL BENCH PRESS | 0 | 2 | 4 | 80-85% | 7 | 1-2 MIN | | | | | SUBMAXIMAL BENCH PRESS, BE CRITICAL OF FORM |
| | WEIGHTED PULL-UP | 1 | 3 | 4-6 | N/A | 8 | 1-2 MIN | | | | | 1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR |
| | GLUTE-HAM RAISE [OR NORDIC HAM CURL] | 1 | 3 | 6-8 | N/A | 7 | 1-2 MIN | | | | | KEEP YOUR HIPS STRAIGHT, DO NORDIC HAM CURLS IF NO GHR MACHINE |
| | SEATED FACE PULL | 0 | 4 | 15-20 | N/A | 9 | 1-2 MIN | | | | | DON'T GO TOO HEAVY, FOCUS ON MIND-MUSCLE CONNECTION |

| | | | | | | | | | | | | |
|-------------------|------------------------|---|--------|-------|-----|---|---------|--|--|--|--|---|
| FULL BODY 2 | DEADLIFT | 4 | 3 | 5 | 80% | 7 | 3-5 MIN | | | | | TECHNIQUE WORK, AVOID TURNING THESE INTO TOUCH-AND-GO REPS |
| | BARBELL OVERHEAD PRESS | 3 | 4 | 6 | 75% | 8 | 3-4 MIN | | | | | SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK |
| | BULGARIAN SPLIT SQUAT | 1 | 2 EACH | 8-10 | N/A | 9 | 2-3 MIN | | | | | START WITH YOUR WEAKER LEG WORKING. SQUAT DEEP |
| | MEADOWS ROW | 1 | 4 | 12-15 | N/A | 8 | 2-3 MIN | | | | | BRACE WITH YOUR OTHER HAND, STAY LIGHT, EMPHASIZE FORM |
| | BARBELL OR EZ BAR CURL | 1 | 3 | 8-10 | N/A | 8 | 1-2 MIN | | | | | USE MINIMAL MOMENTUM, CONTROL THE ECCENTRIC PHASE |
| | PEC FLYE | 1 | 2 | 12-15 | N/A | 8 | 1-2 MIN | | | | | PERFORM WITH CABLES, BANDS, OR DUMBBELLS. USE FULL ROM. STRETCH YOUR PECS AT THE BOTTOM |

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

| WEEK 3 | EXERCISE | WARM-UP SETS | WORKING SETS | REPS | %1RM | RPE | REST | SET 1 | SET 2 | SET 3 | SET 4 | NOTES |
|-------------------|-----------------------|--------------|--------------|------------|------------|-----|---------|-------|-------|-------|-------|---|
| FULL BODY 3 | BACK SQUAT | 4 | 1 | 8 | 72.5-77.5% | 7 | 3-4 MIN | | | | | SIT BACK AND DOWN, KEEP YOUR UPPER BACK TIGHT TO THE BAR |
| | PIN SQUAT | 0 | 2 | 5 | 70% | 8 | 3-4 MIN | | | | | SET THE PINS TO AROUND PARALLEL. DEAD STOP ON THE PINS, DON'T BOUNCE AND GO |
| | BARBELL BENCH PRESS | 4 | 1 | 1 | 90-95% | 8 | 3-4 MIN | | | | | WORKING TOP SET, BUILD CONFIDENCE WITH HEAVIER LOADS |
| | BARBELL BENCH PRESS | 0 | 1 | 5 | 82.5% | 8 | 3-4 MIN | | | | | FOCUS ON PERFECTING TECHNIQUE, SLIGHT PAUSE ON THE CHEST |
| | BARBELL BENCH PRESS | 0 | 1 | 12 | 65% | 8 | 3-4 MIN | | | | | TRY TO STAY FLUID WITH THESE, THINK OF THEM AS "PAUSE-AND-GO" |
| | CHIN-UP | 1 | 3 | "AMRAP" | N/A | 8 | 3-4 MIN | | | | | AS MANY REPS AS POSSIBLE, BUT STOP AT RPE8 |
| | SINGLE-LEG HIP THRUST | 0 | 2 | 10-12 EACH | N/A | 8 | 1-2 MIN | | | | | KEEP YOUR CHIN TUCKED DOWN AND SQUEEZE YOUR GLUTES TO MOVE THE WEIGHT |
| | CABLE REVERSE FLYE | 0 | 4 | 12-15 | N/A | 8 | 1-2 MIN | | | | | KEEP ELBOWS LOCKED IN PLACE, SQUEEZE THE CABLE HANDLES HARD! |
| | STANDING CALF RAISE | 0 | 3 | 8-10 | N/A | 9 | 1-2 MIN | | | | | 1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL SQUEEZE AT THE TOP |

| | | | | | | | | | | | | |
|-------------------|---------------------------------|---|---|-------|-----|---|---------|--|--|--|--|---|
| FULL BODY 4 | 4" BLOCK PULL | 4 | 2 | 5 | 90% | 9 | 4-6 MIN | | | | | GET VERY TIGHT PRIOR TO PULLING, USE 85% IF YOU'RE NOT EXPERIENCED WITH BLOCK PULLS. USE STANDARD DEADLIFT 1RM FOR 1RM %S. |
| | PAUSE DB INCLINE PRESS | 3 | 4 | 6-8 | N/A | 8 | 3-4 MIN | | | | | 3-SECOND PAUSE. SINK THE DUMBBELLS AS LOW AS YOU COMFORTABLY CAN |
| | LEG CURL (CHOICE) | 1 | 3 | 12-15 | N/A | 8 | 2-3 MIN | | | | | USE SEATED LEG CURL IF AVAILABLE. CAN USE LYING LEG CURL OR NORDIC HAM CURL IF NO MACHINE ACCESS. FOCUS ON THE MIND-MUSCLE CONNECTION |
| | CHEST-SUPPORTED ROW | 1 | 4 | 10-12 | N/A | 8 | 2-3 MIN | | | | | CAN USE MACHINE OR DUMBBELLS. FULL STRETCH AT THE BOTTOM, SQUEEZE AT THE TOP |
| | ROPE OVERHEAD TRICEPS EXTENSION | 1 | 4 | 12-15 | N/A | 8 | 1-2 MIN | | | | | FOCUS ON STRETCHING THE TRICEPS AT THE BOTTOM |
| | EGYPTIAN LATERAL RAISE | 1 | 4 | 8-10 | N/A | 8 | 1-2 MIN | | | | | LEAN AWAY FROM THE CABLE. FOCUS ON SQUEEZING YOUR DELTS. |

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

IF YOU HAVE A 5TH DAY AVAILABLE TO TRAIN AND WOULD LIKE TO PRIORITIZE ADDITIONAL ARM HYPERTROPHY, THERE IS AN OPTIONAL ARM & HYPERTROPHY DAY YOU CAN RUN ON PAGE 75.

WEEK 4

POWERBUILDING

2.0

| WEEK 4 | EXERCISE | WARM-UP SETS | WORKING SETS | REPS | %1RM | RPE | REST | SET 1 | SET 2 | SET 3 | SET 4 | NOTES |
|------------|-------------------------------------|--------------|--------------|------------|--------|-----|---------|-------|-------|-------|-------|--|
| LOWER 1 | BACK SQUAT | 3 | 4 | 4 | 75-80% | 8 | 3-5 MIN | | | | | SUBMAXIMAL SETS, APPROACH THESE SETS WITH CONFIDENCE. FOCUS ON TECHNIQUE |
| | BARBELL RDL | 2 | 3 | 10 | N/A | 7 | 2-4 MIN | | | | | EMPHASIZE THE STRETCH IN YOUR HAMSTRINGS, PREVENT YOUR LOWER BACK FROM ROUNDING |
| | UNILATERAL LEG PRESS | 1 | 2 EACH | 12-15 | N/A | 8 | 1-2 MIN | | | | | HIGH AND WIDE FOOT POSITIONING, START WITH YOUR WEAKER LEG |
| | ECCENTRIC-ACCENTUATED LEG EXTENSION | 0 | 2 | 10-12 | N/A | 10 | 2-3 MIN | | | | | 4-SECOND LOWERING PHASE |
| | LEG CURL (CHOICE) | 0 | 2 | 10/15 | N/A | 10 | 2-3 MIN | | | | | DROPSET: DO 10 REPS, LOWER THE WEIGHT ~30-50%, DO ANOTHER 15 REPS. USE SEATED LEG CURL IF AVAILABLE. CAN USE LYING LEG CURL OR NORDIC HAM CURL IF NO MACHINE ACCESS. FOCUS ON THE MIND-MUSCLE CONNECTION |
| | STANDING CALF RAISE | 1 | 3 | 12-15 | N/A | 8 | 2-3 MIN | | | | | THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET |
| | A1: WEIGHTED CRUNCH | 0 | 3 | 10-12 EACH | N/A | 8 | 0 MIN | | | | | HOLD A PLATE OR DB TO YOUR CHEST AND CRUNCH HARD! |
| | A2: LONG-LEVER PLANK (OPTIONAL) | 0 | 3 | 30SEC | N/A | 8 | 1-2 MIN | | | | | CONTRACT YOUR GLUTES AND POSITION YOUR ELBOWS UNDER YOUR EYES TO MAKE THE PLANK MORE DIFFICULT |

| | | | | | | | | | | | | |
|------------|---|---|---|------------|-------|----|---------|--|--|--|--|--|
| UPPER 1 | BARBELL BENCH PRESS | 3 | 3 | 8 | 72.5% | 7 | 3-4 MIN | | | | | SUBMAXIMAL SETS, FOCUS ON FORM |
| | WEIGHTED PULL-UP | 2 | 3 | 4-6 | N/A | 9 | 2-3 MIN | | | | | 1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR |
| | MACHINE INCLINE PRESS | 2 | 3 | 10-12 | N/A | 9 | 3-4 MIN | | | | | SMITH MACHINE OR HAMMER STRENGTH MACHINE. USE INCLINE DB PRESS IF NO MACHINE ACCESS. ~45 DEGREE INCLINE. |
| | SEATED CABLE ROW | 2 | 3 | 10-12 | N/A | 9 | 2-3 MIN | | | | | FOCUS ON SQUEEZING YOUR SHOULDER BLADES TOGETHER, DRIVE YOUR ELBOWS DOWN AND BACK |
| | EGYPTIAN LATERAL RAISE | 0 | 3 | 8-10(+4+4) | N/A | 10 | 1-2 MIN | | | | | DO 8-10 REPS TO FAILURE. REST 3-4 SECONDS. DO ANOTHER 4 REPS. REST 2-3 SECONDS. DO ANOTHER 4 REPS. |
| | CONSTANT-TENSION CABLE TRICEPS KICKBACK | 0 | 2 | 20-30 | N/A | 10 | 1-2 MIN | | | | | MAINTAIN A CONSISTENT PACE OF 1 SECOND UP AND 1 SECOND DOWN |
| | HAMMER "CHEAT" CURL | 1 | 3 | 8-10 | N/A | 9 | 1-2 MIN | | | | | YOU CAN USE SLIGHT MOMENTUM ON THE CONCENTRIC, BUT CONTROL THE ECCENTRIC WITH YOUR ELBOWS STATIONARY |

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

WEEK 5

POWERBUILDING

2.0

| WEEK 5 | EXERCISE | WARM-UP SETS | WORKING SETS | REPS | %1RM | RPE | REST | SET 1 | SET 2 | SET 3 | SET 4 | NOTES |
|-------------------|--------------------------------------|--------------|--------------|-------|--------|-----|---------|-------|-------|-------|-------|---|
| FULL BODY 1 | BACK SQUAT | 4 | 1 | 5 | 80-85% | 8 | 3-4 MIN | | | | | TOP SET, GET COMFORTABLE WITH HEAVIER LOADS WHILE KEEPING PERFECT TECHNIQUE |
| | FRONT SQUAT [OR BOX SQUAT] | 0 | 3 | 8 | N/A | 7 | 3-4 MIN | | | | | IF YOU LOW BAR SQUAT, DO FRONT SQUAT. IF YOU HIGH BAR SQUAT, DO BARBELL BOX SQUAT |
| | BARBELL BENCH PRESS | 4 | 1 | 5 | 80-85% | 8.5 | 3-4 MIN | | | | | TOP SET, GET COMFORTABLE WITH HEAVIER LOADS WHILE KEEPING PERFECT TECHNIQUE |
| | BARBELL BENCH PRESS | 0 | 2 | 2 | 80-85% | 7 | 2-3 MIN | | | | | SUBMAXIMAL BENCH PRESS, BE CRITICAL OF FORM |
| | WEIGHTED PULL-UP | 1 | 3 | 4-6 | N/A | 8 | 1-2 MIN | | | | | 1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR |
| | GLUTE-HAM RAISE [OR NORDIC HAM CURL] | 1 | 3 | 6-8 | N/A | 7 | 1-2 MIN | | | | | KEEP YOUR HIPS STRAIGHT, DO NORDIC HAM CURLS IF NO GHR MACHINE |
| | SEATED FACE PULL | 0 | 4 | 15-20 | N/A | 9 | 1-2 MIN | | | | | DON'T GO TOO HEAVY, FOCUS ON MIND-MUSCLE CONNECTION |

| | | | | | | | | | | | | |
|-------------------|------------------------|---|--------|-------|-------|---|---------|--|--|--|--|---|
| FULL BODY 2 | DEADLIFT | 4 | 2 | 5 | 82.5% | 7 | 3-5 MIN | | | | | TECHNIQUE WORK, AVOID TURNING THESE INTO TOUCH-AND-GO REPS |
| | BARBELL OVERHEAD PRESS | 3 | 4 | 7 | 75% | 8 | 3-4 MIN | | | | | SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK |
| | BULGARIAN SPLIT SQUAT | 1 | 2 EACH | 8-10 | N/A | 9 | 2-3 MIN | | | | | START WITH YOUR WEAKER LEG WORKING. SQUAT DEEP |
| | MEADOWS ROW | 1 | 4 | 12-15 | N/A | 8 | 2-3 MIN | | | | | BRACE WITH YOUR OTHER HAND, STAY LIGHT, EMPHASIZE FORM |
| | BARBELL OR EZ BAR CURL | 1 | 3 | 8-10 | N/A | 8 | 1-2 MIN | | | | | USE MINIMAL MOMENTUM, CONTROL THE ECCENTRIC PHASE |
| | PEC FLYE | 1 | 2 | 12-15 | N/A | 8 | 1-2 MIN | | | | | PERFORM WITH CABLES, BANDS, OR DUMBBELLS. USE FULL ROM. STRETCH YOUR PECS AT THE BOTTOM |

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

| WEEK 5 | EXERCISE | WARM-UP SETS | WORKING SETS | REPS | %1RM | RPE | REST | SET 1 | SET 2 | SET 3 | SET 4 | NOTES |
|-------------------|---------------------------------|--------------|--------------|------------|------------|-----|---------|-------|-------|-------|-------|---|
| FULL BODY 3 | BACK SQUAT | 4 | 1 | 10 | 72.5-77.5% | 7 | 3-4 MIN | | | | | SIT BACK AND DOWN, KEEP YOUR UPPER BACK TIGHT TO THE BAR |
| | PIN SQUAT | 0 | 2 | 6 | 70% | 8 | 3-4 MIN | | | | | SET THE PINS TO AROUND PARALLEL. DEAD STOP ON THE PINS, DON'T BOUNCE AND GO |
| | BARBELL BENCH PRESS | 4 | 1 | 1 | 92.5-97.5% | 8.5 | 3-4 MIN | | | | | WORKING TOP SET, BUILD CONFIDENCE WITH HEAVIER LOADS |
| | BARBELL BENCH PRESS | 0 | 1 | 6 | 80% | 8 | 3-4 MIN | | | | | FOCUS ON PERFECTING TECHNIQUE, SLIGHT PAUSE ON THE CHEST |
| | BARBELL BENCH PRESS | 0 | 1 | 12 | 70% | 8 | 3-4 MIN | | | | | TRY TO STAY FLUID WITH THESE, THINK OF THEM AS "PAUSE-AND-GO" |
| | CHIN-UP | 1 | 3 | "AMRAP" | N/A | 8 | 3-4 MIN | | | | | AS MANY REPS AS POSSIBLE, BUT STOP AT RPE8 |
| | SINGLE-LEG HIP THRUST | 0 | 2 | 10-12 EACH | N/A | 8 | 1-2 MIN | | | | | KEEP YOUR CHIN TUCKED DOWN AND SQUEEZE YOUR GLUTES TO MOVE THE WEIGHT |
| | CABLE REVERSE FLYE | 0 | 4 | 12-15 | N/A | 8 | 1-2 MIN | | | | | KEEP ELBOWS LOCKED IN PLACE, SQUEEZE THE CABLE HANDLES HARD! |
| | STANDING CALF RAISE | 0 | 3 | 8-10 | N/A | 9 | 1-2 MIN | | | | | 1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL SQUEEZE AT THE TOP |
| FULL BODY 4 | 2" BLOCK PULL | 4 | 2 | 4 | 90% | 9 | 4-6 MIN | | | | | GET VERY TIGHT PRIOR TO PULLING, USE 85% IF YOU'RE NOT EXPERIENCED WITH BLOCK PULLS. USE STANDARD DEADLIFT 1RM FOR 1RM %S. |
| | PAUSE DB INCLINE PRESS | 3 | 4 | 6-8 | N/A | 8 | 3-4 MIN | | | | | 3-SECOND PAUSE. SINK THE DUMBBELLS AS LOW AS YOU COMFORTABLY CAN |
| | LEG CURL (CHOICE) | 1 | 3 | 12-15 | N/A | 8 | 2-3 MIN | | | | | USE SEATED LEG CURL IF AVAILABLE. CAN USE LYING LEG CURL OR NORDIC HAM CURL IF NO MACHINE ACCESS. FOCUS ON THE MIND-MUSCLE CONNECTION |
| | CHEST-SUPPORTED ROW | 1 | 4 | 10-12 | N/A | 8 | 2-3 MIN | | | | | CAN USE MACHINE OR DUMBBELLS. FULL STRETCH AT THE BOTTOM, SQUEEZE AT THE TOP |
| | ROPE OVERHEAD TRICEPS EXTENSION | 1 | 4 | 12-15 | N/A | 8 | 1-2 MIN | | | | | FOCUS ON STRETCHING THE TRICEPS AT THE BOTTOM |
| | EGYPTIAN LATERAL RAISE | 1 | 4 | 8-10 | N/A | 8 | 1-2 MIN | | | | | LEAN AWAY FROM THE CABLE. FOCUS ON SQUEEZING YOUR DELTS. |

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

IF YOU HAVE A 5TH DAY AVAILABLE TO TRAIN AND WOULD LIKE TO PRIORITIZE ADDITIONAL ARM HYPERTROPHY, THERE IS AN OPTIONAL ARM & HYPERTROPHY DAY YOU CAN RUN ON PAGE 75.

WEEK 6

POWERBUILDING

2.0

| WEEK 6 | EXERCISE | WARM-UP SETS | WORKING SETS | REPS | %1RM | RPE | REST | SET 1 | SET 2 | SET 3 | SET 4 | NOTES |
|------------|-------------------------------------|--------------|--------------|------------|--------|-----|---------|-------|-------|-------|-------|--|
| LOWER 1 | BACK SQUAT | 3 | 5 | 4 | 75-80% | 8 | 3-5 MIN | | | | | SUBMAXIMAL SETS, APPROACH THESE SETS WITH CONFIDENCE. FOCUS ON TECHNIQUE |
| | BARBELL RDL | 2 | 3 | 10 | N/A | 8 | 2-4 MIN | | | | | EMPHASIZE THE STRETCH IN YOUR HAMSTRINGS, PREVENT YOUR LOWER BACK FROM ROUNDING |
| | UNILATERAL LEG PRESS | 1 | 2 EACH | 12-15 | N/A | 8 | 1-2 MIN | | | | | HIGH AND WIDE FOOT POSITIONING, START WITH YOUR WEAKER LEG |
| | ECCENTRIC-ACCENTUATED LEG EXTENSION | 0 | 2 | 10-12 | N/A | 10 | 2-3 MIN | | | | | 4-SECOND LOWERING PHASE |
| | LEG CURL (CHOICE) | 0 | 2 | 10/15 | N/A | 10 | 2-3 MIN | | | | | DROPSET: DO 10 REPS, LOWER THE WEIGHT ~30-50%, DO ANOTHER 15 REPS. USE SEATED LEG CURL IF AVAILABLE. CAN USE LYING LEG CURL OR NORDIC HAM CURL IF NO MACHINE ACCESS. FOCUS ON THE MIND-MUSCLE CONNECTION |
| | STANDING CALF RAISE | 1 | 3 | 12-15 | N/A | 8 | 2-3 MIN | | | | | THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET |
| | A1: WEIGHTED CRUNCH | 0 | 3 | 10-12 EACH | N/A | 8 | 0 MIN | | | | | HOLD A PLATE OR DB TO YOUR CHEST AND CRUNCH HARD! |
| | A2: LONG-LEVER PLANK (OPTIONAL) | 0 | 3 | 30 SEC | N/A | 8 | 1-2 MIN | | | | | CONTRACT YOUR GLUTES AND POSITION YOUR ELBOWS UNDER YOUR EYES TO MAKE THE PLANK MORE DIFFICULT |

| | | | | | | | | | | | | |
|------------|---|---|---|-------------|-------|----|---------|--|--|--|--|--|
| UPPER 1 | BARBELL BENCH PRESS | 3 | 4 | 8 | 72.5% | 8 | 3-4 MIN | | | | | SUBMAXIMAL SETS, FOCUS ON FORM |
| | WEIGHTED PULL-UP | 2 | 3 | 4-6 | N/A | 9 | 2-3 MIN | | | | | 1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR |
| | MACHINE INCLINE PRESS | 2 | 3 | 10-12 | N/A | 9 | 3-4 MIN | | | | | SMITH MACHINE OR HAMMER STRENGTH MACHINE. USE INCLINE DB PRESS IF NO MACHINE ACCESS. ~45 DEGREE INCLINE. |
| | SEATED CABLE ROW | 2 | 3 | 10-12 | N/A | 9 | 2-3 MIN | | | | | FOCUS ON SQUEEZING YOUR SHOULDER BLADES TOGETHER, DRIVE YOUR ELBOWS DOWN AND BACK |
| | EGYPTIAN LATERAL RAISE | 0 | 3 | 8-10 (+4+4) | N/A | 10 | 1-2 MIN | | | | | DO 8-10 REPS TO FAILURE. REST 3-4 SECONDS. DO ANOTHER 4 REPS. REST 2-3 SECONDS. DO ANOTHER 4 REPS. |
| | CONSTANT-TENSION CABLE TRICEPS KICKBACK | 0 | 2 | 20-30 | N/A | 10 | 1-2 MIN | | | | | MAINTAIN A CONSISTENT PACE OF 1 SECOND UP AND 1 SECOND DOWN |
| | HAMMER "CHEAT" CURL | 1 | 3 | 8-10 | N/A | 9 | 1-2 MIN | | | | | YOU CAN USE SLIGHT MOMENTUM ON THE CONCENTRIC, BUT CONTROL THE ECCENTRIC WITH YOUR ELBOWS STATIONARY |

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

WEEK 7

POWERBUILDING

2.0

| WEEK 7 | EXERCISE | WARM-UP SETS | WORKING SETS | REPS | %1RM | RPE | REST | SET 1 | SET 2 | SET 3 | SET 4 | NOTES |
|-------------------|--|--------------|--------------|-----------|------------|-----|---------|-------|-------|-------|-------|---|
| FULL BODY 1 | BACK SQUAT | 4 | 4 | 3 | 82.5-87.5% | 8 | 3-4 MIN | | | | | MAINTAIN TIGHT PRESSURE IN YOUR UPPER BACK AGAINST THE BAR |
| | BARBELL BENCH PRESS | 4 | 3 | 8 | 75% | 8 | 1-2 MIN | | | | | SET UP A COMFORTABLE ARCH, QUICK PAUSE ON THE CHEST AND EXPLODE UP ON EACH REP |
| | WIDE-GRIP LAT PULLDOWN | 1 | 4 | 6-8 | N/A | 8 | 1-2 MIN | | | | | 1.5X SHOULDER WIDTH GRIP. THINK ABOUT PULLING YOUR ELBOWS "DOWN" AND "IN" |
| | SLIDING LEG CURL | 1 | 2 | 10-12 | N/A | 7 | 1-2 MIN | | | | | KEEP YOUR HIPS HIGH, THINK ABOUT "PULLING YOUR HEELS INTO YOUR HIPS" |
| | WALL SLIDE | 0 | 3 | 15-20 | N/A | 7 | 1-2 MIN | | | | | DON'T USE WEIGHT. THESE WILL HELP WITH SHOULDER STABILITY. DON'T SKIP! |
| FULL BODY 2 | OPPOSITE STANCE DEADLIFT | 4 | 3 | 5 | 75-80% | 8 | 3-5 MIN | | | | | IF YOU NORMALLY PERFORM DEADLIFTS SUMO, PERFORM CONVENTIONAL, AND VICE VERSA. USE YOUR OPPOSITE STANCE ESTIMATED MAX. |
| | BARBELL OVERHEAD PRESS | 3 | 2 | 8 | N/A | 8 | 2-4 MIN | | | | | SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK |
| | LEG PRESS | 1 | 2 | 10-12 | N/A | 7 | 2-3 MIN | | | | | IF YOU LOW BAR SQUAT, USE A LOW FOOT PLACEMENT. IF YOU HIGH BAR SQUAT, USE A HIGH FOOT PLACEMENT |
| | SEATED CABLE ROW | 1 | 3 | 10-12 | N/A | 9 | 2-3 MIN | | | | | FOCUS ON SQUEEZING YOUR SHOULDER BLADES TOGETHER, DRIVE YOUR ELBOWS DOWN AND BACK |
| | HAMMER CURL | 1 | 3 | 15-20 | N/A | 9 | 1-2 MIN | | | | | GO HEAVY, USE A TINY BIT OF MOMENTUM |
| | BARBELL OR DUMBBELL ISOMETRIC HOLD (GRIP WORK) | 1 | 2 | 20-30 SEC | N/A | 8 | 1-2 MIN | | | | | DO AN ISOMETRIC HOLD WITH DUMBBELLS OR A BARBELL |

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

| WEEK 7 | EXERCISE | WARM-UP SETS | WORKING SETS | REPS | %1RM | RPE | REST | SET 1 | SET 2 | SET 3 | SET 4 | NOTES |
|-------------------|-------------------------------|--------------|--------------|-------|-------|-----|---------|-------|-------|-------|-------|---|
| FULL BODY 3 | FRONT SQUAT | 3 | 3 | 8 | N/A | 7 | 3-4 MIN | | | | | TRY ADDING WEIGHT TO THE LOAD YOU USED IN WEEK 5 |
| | PAUSE BARBELL BENCH PRESS | 3 | 3 | 2 | 87.5% | 8 | 3-4 MIN | | | | | GET COMFORTABLE PAUSING WITH HEAVY WEIGHT, 2-3 SECOND PAUSE |
| | WEIGHTED NEUTRAL-GRIP PULL-UP | 3 | 4 | 4-6 | N/A | 8 | 2-3 MIN | | | | | PULL YOUR CHEST TO THE BAR, ADD WEIGHT IF NEEDED TO HIT RPE |
| | LEG CURL (CHOICE) | 1 | 3 | 12-15 | N/A | 9 | 2-3 MIN | | | | | USE SEATED LEG CURL IF AVAILABLE. CAN USE LYING LEG CURL OR NORDIC HAM CURL IF NO MACHINE ACCESS. FOCUS ON THE MIND-MUSCLE CONNECTION |
| | PRONE TRAP RAISE | 1 | 3 | 12-15 | N/A | 8 | 1-2 MIN | | | | | THINK ABOUT TUCKING YOUR SHOULDER BLADES "DOWN" AS YOU RAISE YOUR ARMS. MIND MUSCLE CONNECTION WITH MID-LOWER TRAPS |
| | HANGING LEG RAISE | 1 | 3 | 10-12 | N/A | 9 | 1-2 MIN | | | | | KNEES TO CHEST, CONTROLLED REPS, STRAIGHTEN LEGS MORE TO INCREASE DIFFICULTY |
| | STANDING CALF RAISE | 0 | 3 | 8-10 | N/A | 9 | 1-2 MIN | | | | | 1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL SQUEEZE AT THE TOP |

| | | | | | | | | | | | | |
|-------------------|-----------------------|---|---|------------|-----|---|---------|--|--|--|--|--|
| FULL BODY 4 | 1" BLOCK PULL | 4 | 2 | 4 | 90% | 9 | 4-6 MIN | | | | | THESE WILL START TO FEEL VERY HEAVY. ONLY DO 1 SET IF YOU'RE FEELING VERY FATIGUED FROM IT |
| | DIP | 3 | 3 | 8-10 | N/A | 7 | 3-4 MIN | | | | | ADD WEIGHT OR ASSISTANCE AS NEEDED. DO DB FLOOR PRESS IF NO ACCESS TO DIP HANDLES. |
| | ONE-ARM ROW | 1 | 3 | 10-12 EACH | N/A | 8 | 2-3 MIN | | | | | CAN USE DB OR CABLE. MINIMIZE TORSO MOMENTUM. |
| | TRICEPS PRESSDOWN 2IS | 1 | 3 | 7/7/7 | N/A | 8 | 1-2 MIN | | | | | FIRST 7 REPS: FULL ROM, NEXT 7 REPS: BOTTOM HALF OF ROM, LAST 7 REPS: TOP HALF OF ROM |
| | DB LATERAL RAISE | 1 | 3 | 15-20 | N/A | 8 | 1-2 MIN | | | | | FOCUS ON CONTRACTING YOUR DELTS |

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

IF YOU HAVE A 5TH DAY AVAILABLE TO TRAIN AND WOULD LIKE TO PRIORITIZE ADDITIONAL ARM HYPERTROPHY, THERE IS AN OPTIONAL ARM & HYPERTROPHY DAY YOU CAN RUN ON PAGE 75.

WEEK 8

POWERBUILDING

2.0

SEMI-DELOAD WEEK: AVOID FAILURE AND TRAIN LIGHTER THIS WEEK TO PROMOTE RECOVERY AND PREPARE FOR THE NEXT 4 WEEKS!

| WEEK 8 | EXERCISE | WARM-UP SETS | WORKING SETS | REPS | %1RM | RPE | REST | SET 1 | SET 2 | SET 3 | SET 4 | NOTES |
|------------|--------------------------------|--------------|--------------|------------|-------|-----|---------|-------|-------|-------|-------|--|
| LOWER 1 | PIN SQUAT | 3 | 2 | 4 | 72.5% | 8 | 3-4 MIN | | | | | SET THE PINS TO JUST ABOVE PARALLEL |
| | BARBELL RDL | 2 | 2 | 8 | N/A | 6 | 3-4 MIN | | | | | EMPHASIZE THE STRETCH IN YOUR HAMSTRINGS, PREVENT YOUR LOWER BACK FROM ROUNDING |
| | A1: SISSY SQUAT | 1 | 2 | 10-12 | N/A | 8 | 0 MIN | | | | | OR LEG PRESS WITH LOW FOOT PLACEMENT. LET YOUR KNEES TRAVEL FORWARD. MIND MUSCLE CONNECTION WITH QUADS. |
| | A2: NORDIC HAM CURL | 0 | 2 | 6-8 | N/A | 8 | 2-3 MIN | | | | | KEEP YOUR HIPS AS STRAIGHT AS YOU CAN, CAN SUB FOR LYING LEG CURL |
| | UNILATERAL STANDING CALF RAISE | 0 | 3 | 10-12 EACH | N/A | 8 | 1-2MIN | | | | | START WITH YOUR WEAKER SIDE. THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET |
| | HIP ABDUCTION | 0 | 3 | 12-15 | N/A | 9 | 1-2 MIN | | | | | MACHINE, BAND, OR WEIGHTED, 1 SECOND ISOMETRIC HOLD AT THE TOP OF EACH REP |
| | A1: CABLE CRUNCH (ABS) | 0 | 3 | 12-15 | N/A | 8 | 0 MIN | | | | | SQUEEZE YOUR SIX PACK TO CRUNCH THE WEIGHT, DON'T YANK WITH YOUR HANDS |
| | A2: CABLE SHRUG-IN (TRAPS) | 0 | 3 | 12-15 | N/A | 8 | 1-2 MIN | | | | | SET UP TWO CABLE HANDLES LOW AND SHRUG UP AND IN. SQUEEZE YOUR UPPER TRAPS TO MOVE THE WEIGHT: HTTPS://YOUTU.BE/C6SYJDFUQ9I?T=357 |

| | | | | | | | | | | | | |
|------------|-----------------------------|---|---|-----------|-----|---|---------|--|--|--|--|--|
| UPPER 1 | LARSEN PRESS | 3 | 3 | 10 | N/A | 7 | 3-4 MIN | | | | | SHOULDER BLADES STILL RETRACTED AND DEPRESSED. SLIGHT ARCH IN UPPER BACK. ZERO LEG DRIVE. |
| | MACHINE CHEST-SUPPORTED ROW | 1 | 3 | 10-12 | N/A | 8 | 2-3 MIN | | | | | DROPSET ON THE LAST SET |
| | MACHINE INCLINE PRESS | 2 | 2 | 10-12 | N/A | 8 | 3-4 MIN | | | | | SMITH MACHINE OR HAMMER STRENGTH MACHINE. USE INCLINE DB PRESS IF NO MACHINE ACCESS. ~45 DEGREE INCLINE. |
| | SINGLE-ARM PULLDOWN | 2 | 3 | 8-10 EACH | N/A | 8 | 1-2 MIN | | | | | START WITH YOUR WEAKER SIDE |
| | TRICEPS PRESSDOWN | 1 | 3 | 12-15 | N/A | 8 | 1-2 MIN | | | | | FOCUS ON CONTRACTING YOUR TRICEPS |
| | INVERSE ZOTTMAN CURL | 0 | 3 | 12-15 | N/A | 8 | 1-2 MIN | | | | | HAMMER CURL ON CONCENTRIC, SUPINATED CURL (PALMS UP) ON THE ECCENTRIC |
| | LATERAL RAISE (CHOICE) | 0 | 3 | 15-20 | N/A | 9 | 1-2 MIN | | | | | CAN USE CABLE, DUMBBELL OR BANDS. USE WHAT YOU 'FEEL' THE MOST. STAY IN CONSTANT TENSION. |

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

| WEEK 8 | EXERCISE | WARM-UP SETS | WORKING SETS | REPS | %1RM | RPE | REST | SET 1 | SET 2 | SET 3 | SET 4 | NOTES |
|------------|-------------------------------------|--------------|--------------|------------|------|-----|---------|-------|-------|-------|-------|---|
| LOWER 2 | DEADLIFT | 3 | 2 | 5 | 75% | 6 | 3-4 MIN | | | | | THESE ARE INTENTIONALLY LIGHT. LOCK IN YOUR TECHNIQUE AND MOVE THE BAR WITH MAX SPEED |
| | HACK SQUAT | 2 | 2 | 12 | N/A | 8 | 2-3 MIN | | | | | ALLOW YOUR KNEES TO COME FORWARD (PAST YOUR TOES), FOCUS THE TENSION ON YOUR QUADS |
| | CABLE PULL-THROUGH | 1 | 2 | 12-15 | N/A | 8 | 1-2 MIN | | | | | CONTRACT YOUR GLUTES HARD AT THE TOP, DON'T ALLOW YOUR LOWER BACK TO ROUND |
| | LEG EXTENSION | 0 | 2 | 15/10 | N/A | 9 | 1-2 MIN | | | | | DROPSET. DO 15 REPS, DROP THE WEIGHT UP TO 50%, DO ANOTHER 10 REPS. |
| | UNILATERAL LEG CURL (CHOICE) | 0 | 3 | 10-12 EACH | N/A | 8 | 1-2 MIN | | | | | CAN PERFORM SEATED OR LYING. FOCUS ON CONTRACTING YOUR HAMSTRINGS |
| | STANDING CALF RAISE | 0 | 3 | 10-12 | N/A | 8 | 1-2 MIN | | | | | THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET |
| | L-SIT HOLD | 0 | 2 | 20-30 SEC | N/A | 7 | 1-2 MIN | | | | | HOLD THE TOP POSITION OF A HANGING LEG RAISE FOR THE TIME INTERVAL GIVEN. AIM TO INCREASE THE HOLD TIME WEEK TO WEEK. |
| UPPER 2 | WEIGHTED ECCENTRIC-OVERLOAD PULL-UP | 2 | 1 | 5 | N/A | 8 | N/A | | | | | JUMP UP TO ASSIST WITH THE POSITIVE OR USE A PARTNER TO HELP YOU ON THE POSITIVE, THEN CONTROL THE NEGATIVE FOR 5 SECONDS. |
| | ECCENTRIC-ACCENTUATED PULL-UP | 0 | 2 | 6-8 | N/A | 8 | 2-3 MIN | | | | | 3-SECOND LOWERING PHASE. USE ASSISTANCE/RESISTANCE AS NEEDED |
| | BARBELL OVERHEAD PRESS | 3 | 4 | 4 | N/A | 8 | 3-4 MIN | | | | | SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK |
| | PENDLAY ROW / BENT OVER ROW | 0 | 3 | 5/10 | N/A | 8 | 1-2 MIN | | | | | FIRST 5 REPS: VERY STRICT PENDLAY ROWS. FINAL 10 REPS: "CHEAT" BARBELL BENT OVER ROWS (USE CONTROLLED MOMENTUM AND PULL TO STOMACH) |
| | DEFICIT PUSH-UP | 2 | 1 | AMRAP | N/A | 8 | 2-3 MIN | | | | | 4" DEFICIT. SINK YOUR CHEST DEEP. TRACK YOUR REPS FOR NEXT WEEK. |
| | BARBELL OR EZ BAR CURL | 2 | 3 | 10-12 | N/A | 8 | 1-2 MIN | | | | | FOCUS ON CONTRACTING YOUR BICEPS, MINIMIZE TORSO MOMENTUM |
| | DUMBBELL LATERAL RAISE ISO-HOLD | 0 | 2 | 45 SEC | N/A | 8 | 1-2 MIN | | | | | HOLD THE DUMBBELL WITH YOUR ARMS PARALLEL TO THE FLOOR FOR THE TIME SPECIFIED |

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

WEEK 9

POWERBUILDING

2.0

| WEEK 9 | EXERCISE | WARM-UP SETS | WORKING SETS | REPS | %1RM | RPE | REST | SET 1 | SET 2 | SET 3 | SET 4 | NOTES |
|-------------------|------------------------|--------------|--------------|-------|--------|-----|---------|-------|-------|-------|-------|--|
| FULL BODY 1 | BACK SQUAT | 4 | 4 | 2 | 85-90% | 8 | 3-4 MIN | | | | | MAINTAIN TIGHT PRESSURE IN YOUR UPPER BACK AGAINST THE BAR |
| | BARBELL BENCH PRESS | 4 | 3 | 6 | 77.5% | 8 | 1-2 MIN | | | | | SET UP A COMFORTABLE ARCH, QUICK PAUSE ON THE CHEST AND EXPLODE UP ON EACH REP |
| | WIDE-GRIP LAT PULLDOWN | 1 | 4 | 6-8 | N/A | 8 | 1-2 MIN | | | | | 1.5X SHOULDER WIDTH GRIP. THINK ABOUT PULLING YOUR ELBOWS "DOWN" AND "IN" |
| | SLIDING LEG CURL | 1 | 2 | 10-12 | N/A | 7 | 1-2 MIN | | | | | KEEP YOUR HIPS HIGH, THINK ABOUT "PULLING YOUR HEELS INTO YOUR HIPS" |
| | WALL SLIDE | 0 | 3 | 15-20 | N/A | 7 | 1-2 MIN | | | | | DON'T USE WEIGHT. THESE WILL HELP WITH SHOULDER STABILITY. DON'T SKIP! |

| | | | | | | | | | | | | |
|-------------------|--|---|---|-----------|-----|---|---------|--|--|--|--|---|
| FULL BODY 2 | OPPOSITE STANCE DEADLIFT | 4 | 2 | 2 | 75% | 8 | 3-5 MIN | | | | | IF YOU NORMALLY PERFORM DEADLIFTS SUMO, PERFORM CONVENTIONAL, AND VICE VERSA. USE YOUR OPPOSITE STANCE ESTIMATED MAX. |
| | BARBELL OVERHEAD PRESS | 3 | 2 | 8 | N/A | 8 | 2-4 MIN | | | | | SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK |
| | LEG PRESS | 1 | 2 | 10-12 | N/A | 7 | 2-3 MIN | | | | | IF YOU LOW BAR SQUAT, USE A LOW FOOT PLACEMENT. IF YOU HIGH BAR SQUAT, USE A HIGH FOOT PLACEMENT |
| | SEATED CABLE ROW | 1 | 3 | 10-12 | N/A | 9 | 2-3 MIN | | | | | FOCUS ON SQUEEZING YOUR SHOULDER BLADES TOGETHER, DRIVE YOUR ELBOWS DOWN AND BACK |
| | HAMMER CURL | 1 | 3 | 15-20 | N/A | 9 | 1-2 MIN | | | | | GO HEAVY, USE A TINY BIT OF MOMENTUM |
| | BARBELL OR DUMBBELL ISOMETRIC HOLD (GRIP WORK) | 1 | 2 | 20-30 SEC | N/A | 8 | 1-2 MIN | | | | | DO AN ISOMETRIC HOLD WITH DUMBBELLS OR A BARBELL |

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

| WEEK 9 | EXERCISE | WARM-UP SETS | WORKING SETS | REPS | %1RM | RPE | REST | SET 1 | SET 2 | SET 3 | SET 4 | NOTES |
|-------------------|-------------------------------|--------------|--------------|-------|------|-----|---------|-------|-------|-------|-------|---|
| FULL BODY 3 | FRONT SQUAT | 3 | 2 | 8 | N/A | 6 | 3-4 MIN | | | | | STAY LIGHT, KEEP YOUR TORSO UPRIGHT |
| | PAUSE BARBELL BENCH PRESS | 3 | 3 | 2 | 90% | 9 | 3-4 MIN | | | | | GET COMFORTABLE PAUSING WITH HEAVY WEIGHT, 2-3 SECOND PAUSE |
| | WEIGHTED NEUTRAL-GRIP PULL-UP | 3 | 4 | 4-6 | N/A | 8 | 2-3 MIN | | | | | PULL YOUR CHEST TO THE BAR, ADD WEIGHT IF NEEDED TO HIT RPE |
| | LEG CURL (CHOICE) | 1 | 3 | 12-15 | N/A | 9 | 2-3 MIN | | | | | USE SEATED LEG CURL IF AVAILABLE. CAN USE LYING LEG CURL OR NORDIC HAM CURL IF NO MACHINE ACCESS. FOCUS ON THE MIND-MUSCLE CONNECTION |
| | PRONE TRAP RAISE | 1 | 3 | 12-15 | N/A | 8 | 1-2 MIN | | | | | THINK ABOUT TUCKING YOUR SHOULDER BLADES "DOWN" AS YOU RAISE YOUR ARMS. MIND MUSCLE CONNECTION WITH MID-LOWER TRAPS |
| | HANGING LEG RAISE | 1 | 3 | 10-12 | N/A | 9 | 1-2 MIN | | | | | KNEES TO CHEST, CONTROLLED REPS, STRAIGHTEN LEGS MORE TO INCREASE DIFFICULTY |
| | STANDING CALF RAISE | 0 | 3 | 8-10 | N/A | 9 | 1-2 MIN | | | | | 1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL SQUEEZE AT THE TOP |

| | | | | | | | | | | | | |
|-------------------|-----------------------|---|---|------------|-----|---|---------|--|--|--|--|---|
| FULL BODY 4 | DEADLIFT | 4 | 1 | AMRAP | 90% | 9 | 4-6 MIN | | | | | AIM FOR A PR FOR 3-6 REPS |
| | DIP | 3 | 3 | 8-10 | N/A | 7 | 3-4 MIN | | | | | ADD WEIGHT OR ASSISTANCE AS NEEDED. DO DB FLOOR PRESS IF NO ACCESS TO DIP HANDLES. |
| | ONE-ARM ROW | 1 | 3 | 10-12 EACH | N/A | 8 | 2-3 MIN | | | | | CAN USE DB OR CABLE. MINIMIZE TORSO MOMENTUM. |
| | TRICEPS PRESSDOWN 2IS | 1 | 3 | 7/7/7 | N/A | 8 | 1-2 MIN | | | | | FIRST 7 REPS: FULL ROM, NEXT 7 REPS: BOTTOM HALF OF ROM, LAST 7 REPS: TOP HALF OF ROM |
| | DB LATERAL RAISE | 1 | 3 | 15-20 | N/A | 8 | 1-2 MIN | | | | | FOCUS ON CONTRACTING YOUR DELTS |

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

IF YOU HAVE A 5TH DAY AVAILABLE TO TRAIN AND WOULD LIKE TO PRIORITIZE ADDITIONAL ARM HYPERTROPHY, THERE IS AN OPTIONAL ARM & HYPERTROPHY DAY YOU CAN RUN ON PAGE [75](#).

WEEK 10

POWERBUILDING

2.0

| WEEK 10 | EXERCISE | WARM-UP SETS | WORKING SETS | REPS | %1RM | RPE | REST | SET 1 | SET 2 | SET 3 | SET 4 | NOTES |
|------------|--------------------------------|--------------|--------------|------------|-------|-----|---------|-------|-------|-------|-------|--|
| LOWER 1 | PIN SQUAT | 3 | 2 | 5 | 72.5% | 8 | 3-4 MIN | | | | | SET THE PINS TO JUST ABOVE PARALLEL |
| | BARBELL RDL | 2 | 3 | 10 | N/A | 9 | 3-4 MIN | | | | | EMPHASIZE THE STRETCH IN YOUR HAMSTRINGS, PREVENT YOUR LOWER BACK FROM ROUNDING |
| | A1: SISSY SQUAT | 1 | 3 | 10-12 | N/A | 9 | 0 MIN | | | | | OR LEG PRESS WITH LOW FOOT PLACEMENT. LET YOUR KNEES TRAVEL FORWARD. MIND MUSCLE CONNECTION WITH QUADS. |
| | A2: NORDIC HAM CURL | 0 | 3 | 6-8 | N/A | 9 | 2-3 MIN | | | | | KEEP YOUR HIPS AS STRAIGHT AS YOU CAN, CAN SUB FOR LYING LEG CURL |
| | UNILATERAL STANDING CALF RAISE | 0 | 3 | 10-12 EACH | N/A | 8 | 1-2 MIN | | | | | START WITH YOUR WEAKER SIDE. THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET |
| | HIP ABDUCTION | 0 | 3 | 12-15 | N/A | 10 | 1-2 MIN | | | | | MACHINE, BAND, OR WEIGHTED, 1 SECOND ISOMETRIC HOLD AT THE TOP OF EACH REP |
| | A1: CABLE CRUNCH (ABS) | 0 | 3 | 12-15 | N/A | 8 | 0 MIN | | | | | SQUEEZE YOUR SIX PACK TO CRUNCH THE WEIGHT, DON'T YANK WITH YOUR HANDS |
| | A2: CABLE SHRUG-IN (TRAPS) | 0 | 3 | 12-15 | N/A | 8 | 1-2 MIN | | | | | SET UP TWO CABLE HANDLES LOW AND SHRUG UP AND IN. SQUEEZE YOUR UPPER TRAPS TO MOVE THE WEIGHT: HTTPS://YOUTU.BE/C6SYJDFUQ9I?T=357 |
| UPPER 1 | LARSEN PRESS | 3 | 4 | 10 | N/A | 7 | 3-4 MIN | | | | | SHOULDER BLADES STILL RETRACTED AND DEPRESSED. SLIGHT ARCH IN UPPER BACK. ZERO LEG DRIVE. |
| | MACHINE CHEST-SUPPORTED ROW | 1 | 3 | 10-12 | N/A | 9 | 2-3 MIN | | | | | DROPSET ON THE LAST SET |
| | MACHINE INCLINE PRESS | 2 | 3 | 10-12 | N/A | 9 | 3-4 MIN | | | | | SMITH MACHINE OR HAMMER STRENGTH MACHINE. USE INCLINE DB PRESS IF NO MACHINE ACCESS. ~45 DEGREE INCLINE. |
| | SINGLE-ARM PULLDOWN | 2 | 3 | 8-10 EACH | N/A | 9 | 1-2 MIN | | | | | START WITH YOUR WEAKER SIDE |
| | TRICEPS PRESSDOWN | 1 | 3 | 12-15 | N/A | 9 | 1-2 MIN | | | | | FOCUS ON CONTRACTING YOUR TRICEPS |
| | INVERSE ZOTTMAN CURL | 0 | 3 | 12-15 | N/A | 9 | 1-2 MIN | | | | | HAMMER CURL ON CONCENTRIC, SUPINATED CURL (PALMS UP) ON THE ECCENTRIC |
| | LATERAL RAISE (CHOICE) | 0 | 3 | 15-20 | N/A | 10 | 1-2 MIN | | | | | CAN USE CABLE, DUMBBELL OR BANDS. USE WHAT YOU 'FEEL' THE MOST. STAY IN CONSTANT TENSION. |

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

| WEEK 10 | EXERCISE | WARM-UP SETS | WORKING SETS | REPS | %1RM | RPE | REST | SET 1 | SET 2 | SET 3 | SET 4 | NOTES |
|------------|-------------------------------------|--------------|--------------|------------|--------|-----|---------|-------|-------|-------|-------|---|
| LOWER 2 | DEADLIFT | 3 | 2 | 6 | 75-80% | 7 | 3-4 MIN | | | | | USE THIS AS A TIME TO PERFECT YOUR FORM |
| | HACK SQUAT | 2 | 3 | 12 | N/A | 8 | 2-3 MIN | | | | | ALLOW YOUR KNEES TO COME FORWARD (PAST YOUR TOES), FOCUS THE TENSION ON YOUR QUADS |
| | CABLE PULL-THROUGH | 1 | 3 | 12-15 | N/A | 8 | 1-2 MIN | | | | | CONTRACT YOUR GLUTES HARD AT THE TOP, DON'T ALLOW YOUR LOWER BACK TO ROUND |
| | LEG EXTENSION | 0 | 2 | 15/10 | N/A | 10 | 1-2 MIN | | | | | DROPSET. DO 15 REPS, DROP THE WEIGHT UP TO 50%, DO ANOTHER 10 REPS. |
| | UNILATERAL LEG CURL (CHOICE) | 0 | 3 | 10-12 EACH | N/A | 8 | 1-2 MIN | | | | | CAN PERFORM SEATED OR LYING. FOCUS ON CONTRACTING YOUR HAMSTRINGS |
| | STANDING CALF RAISE | 0 | 3 | 10-12 | N/A | 8 | 1-2 MIN | | | | | THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET |
| | L-SIT HOLD | 0 | 3 | 20-30 SEC | N/A | 7 | 1-2 MIN | | | | | HOLD THE TOP POSITION OF A HANGING LEG RAISE FOR THE TIME INTERVAL GIVEN. AIM TO INCREASE THE HOLD TIME WEEK TO WEEK. |
| UPPER 2 | WEIGHTED ECCENTRIC-OVERLOAD PULL-UP | 2 | 1 | 5 | N/A | 9 | N/A | | | | | JUMP UP TO ASSIST WITH THE POSITIVE OR USE A PARTNER TO HELP YOU ON THE POSITIVE, THEN CONTROL THE NEGATIVE FOR 5 SECONDS. |
| | ECCENTRIC-ACCENTUATED PULL-UP | 0 | 2 | 6-8 | N/A | 9 | 2-3 MIN | | | | | 3-SECOND LOWERING PHASE. USE ASSISTANCE/RESISTANCE AS NEEDED |
| | BARBELL OVERHEAD PRESS | 3 | 4 | 5 | N/A | 8 | 3-4 MIN | | | | | SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK |
| | PENDLAY ROW / BENT OVER ROW | 0 | 3 | 5/10 | N/A | 9 | 1-2 MIN | | | | | FIRST 5 REPS: VERY STRICT PENDLAY ROWS. FINAL 10 REPS: "CHEAT" BARBELL BENT OVER ROWS (USE CONTROLLED MOMENTUM AND PULL TO STOMACH) |
| | DEFICIT PUSH-UP | 2 | 2 | AMRAP | N/A | 9 | 2-3 MIN | | | | | 4" DEFICIT. SINK YOUR CHEST DEEP. BEAT YOUR REPS FROM LAST WEEK. |
| | BARBELL OR EZ BAR CURL | 2 | 3 | 10-12 | N/A | 9 | 1-2 MIN | | | | | FOCUS ON CONTRACTING YOUR BICEPS, MINIMIZE TORSO MOMENTUM |
| | DUMBBELL LATERAL RAISE ISO-HOLD | 0 | 2 | 45 SEC | N/A | 8 | 1-2 MIN | | | | | HOLD THE DUMBBELL WITH YOUR ARMS PARALLEL TO THE FLOOR FOR THE TIME SPECIFIED |

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

WEEK 11

POWERBUILDING

2.0

| WEEK 11 | EXERCISE | WARM-UP SETS | WORKING SETS | REPS | %1RM | RPE | REST | SET 1 | SET 2 | SET 3 | SET 4 | NOTES |
|-------------------|-------------------------------|--------------|--------------|-------|-------|-----|---------|-------|-------|-------|-------|---|
| FULL BODY 3 | FRONT SQUAT | 3 | 2 | 8 | N/A | 6 | 3-4 MIN | | | | | STAY LIGHT, KEEP YOUR TORSO UPRIGHT |
| | PAUSE BARBELL BENCH PRESS | 3 | 3 | 1 | 92.5% | 9 | 3-4 MIN | | | | | GET COMFORTABLE PAUSING WITH HEAVY WEIGHT, 1-2 SECOND PAUSE |
| | WEIGHTED NEUTRAL-GRIP PULL-UP | 3 | 4 | 4-6 | N/A | 8 | 2-3 MIN | | | | | PULL YOUR CHEST TO THE BAR, ADD WEIGHT IF NEEDED TO HIT RPE |
| | LEG CURL (CHOICE) | 1 | 3 | 12-15 | N/A | 9 | 2-3 MIN | | | | | USE SEATED LEG CURL IF AVAILABLE. CAN USE LYING LEG CURL OR NORDIC HAM CURL IF NO MACHINE ACCESS. FOCUS ON THE MIND-MUSCLE CONNECTION |
| | PRONE TRAP RAISE | 1 | 3 | 12-15 | N/A | 8 | 1-2 MIN | | | | | THINK ABOUT TUCKING YOUR SHOULDER BLADES "DOWN" AS YOU RAISE YOUR ARMS. MIND MUSCLE CONNECTION WITH MID-LOWER TRAPS |
| | HANGING LEG RAISE | 1 | 3 | 10-12 | N/A | 9 | 1-2 MIN | | | | | KNEES TO CHEST, CONTROLLED REPS, STRAIGHTEN LEGS MORE TO INCREASE DIFFICULTY |
| | STANDING CALF RAISE | 0 | 3 | 8-10 | N/A | 9 | 1-2 MIN | | | | | 1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL SQUEEZE AT THE TOP |

| | | | | | | | | | | | | |
|-------------------|-----------------------|---|---|------------|-----|---|---------|--|--|--|--|---|
| FULL BODY 4 | DEADLIFT | 4 | 3 | 3 | 85% | 8 | 4-6 MIN | | | | | PULL THE SLACK OUT OF THE BAR BEFORE LIFTING, TAKE YOUR TIME WITH THE SET UP |
| | DIP | 3 | 3 | 8-10 | N/A | 7 | 3-4 MIN | | | | | ADD WEIGHT OR ASSISTANCE AS NEEDED. DO DB FLOOR PRESS IF NO ACCESS TO DIP HANDLES. |
| | ONE-ARM ROW | 1 | 3 | 10-12 EACH | N/A | 8 | 2-3 MIN | | | | | CAN USE DB OR CABLE. MINIMIZE TORSO MOMENTUM. |
| | TRICEPS PRESSDOWN 2IS | 1 | 3 | 7/7/7 | N/A | 8 | 1-2 MIN | | | | | FIRST 7 REPS: FULL ROM, NEXT 7 REPS: BOTTOM HALF OF ROM, LAST 7 REPS: TOP HALF OF ROM |
| | DB LATERAL RAISE | 1 | 3 | 15-20 | N/A | 8 | 1-2 MIN | | | | | FOCUS ON CONTRACTING YOUR DELTS |

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

IF YOU HAVE A 5TH DAY AVAILABLE TO TRAIN AND WOULD LIKE TO PRIORITIZE ADDITIONAL ARM HYPERTROPHY, THERE IS AN OPTIONAL ARM & HYPERTROPHY DAY YOU CAN RUN ON PAGE 75.

WEEK 12

POWERBUILDING

2.0

| WEEK 12 | EXERCISE | WARM-UP SETS | WORKING SETS | REPS | %1RM | RPE | REST | SET 1 | SET 2 | SET 3 | SET 4 | NOTES |
|------------|------------------------------|--------------|--------------|-----------|----------|-----|---------|-------|-------|-------|-------|---|
| LOWER 2 | DEADLIFT | 3 | 2 | 6 | 75-82.5% | 7 | 3-4 MIN | | | | | PULL THE SLACK OUT OF THE BAR BEFORE LIFTING, TAKE YOUR TIME WITH THE SET UP |
| | HACK SQUAT | 2 | 3 | 12 | N/A | 8 | 2-3 MIN | | | | | ALLOW YOUR KNEES TO COME FORWARD (PAST YOUR TOES), FOCUS THE TENSION ON YOUR QUADS |
| | CABLE PULL-THROUGH | 1 | 3 | 12-15 | N/A | 8 | 1-2 MIN | | | | | CONTRACT YOUR GLUTES HARD AT THE TOP, DON'T ALLOW YOUR LOWER BACK TO ROUND |
| | LEG EXTENSION | 0 | 2 | 15/10 | N/A | 10 | 1-2 MIN | | | | | DROPSET. DO 15 REPS, DROP THE WEIGHT UP TO 50%, DO ANOTHER 10 REPS. |
| | UNILATERAL LEG CURL (CHOICE) | 0 | 3 | 10-12EACH | N/A | 8 | 1-2 MIN | | | | | CAN PERFORM SEATED OR LYING. FOCUS ON CONTRACTING YOUR HAMSTRINGS |
| | STANDING CALF RAISE | 0 | 3 | 10-12 | N/A | 8 | 1-2 MIN | | | | | THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET |
| | L-SIT HOLD | 0 | 3 | 20-30 SEC | N/A | 7 | 1-2 MIN | | | | | HOLD THE TOP POSITION OF A HANGING LEG RAISE FOR THE TIME INTERVAL GIVEN. AIM TO INCREASE THE HOLD TIME WEEK TO WEEK. |

| | | | | | | | | | | | | |
|------------|-------------------------------------|---|---|--------|-----|---|---------|--|--|--|--|---|
| UPPER 2 | WEIGHTED ECCENTRIC-OVERLOAD PULL-UP | 2 | 1 | 5 | N/A | 9 | N/A | | | | | JUMP UP TO ASSIST WITH THE POSITIVE OR USE A PARTNER TO HELP YOU ON THE POSITIVE, THEN CONTROL THE NEGATIVE FOR 5 SECONDS. |
| | ECCENTRIC-ACCENTUATED PULL-UP | 0 | 2 | 6-8 | N/A | 9 | 2-3 MIN | | | | | 3-SECOND LOWERING PHASE. USE ASSISTANCE/RESISTANCE AS NEEDED |
| | BARBELL OVERHEAD PRESS | 3 | 4 | 6 | N/A | 8 | 3-4 MIN | | | | | SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK |
| | PENDLAY ROW / BENT OVER ROW | 0 | 3 | 5/10 | N/A | 9 | 1-2 MIN | | | | | FIRST 5 REPS: VERY STRICT PENDLAY ROWS. FINAL 10 REPS: "CHEAT" BARBELL BENT OVER ROWS (USE CONTROLLED MOMENTUM AND PULL TO STOMACH) |
| | DEFICIT PUSH-UP | 2 | 2 | AMRAP | N/A | 9 | 2-3 MIN | | | | | 4" DEFICIT. SINK YOUR CHEST DEEP. BEAT YOUR REPS FROM LAST WEEK. |
| | BARBELL OR EZ BAR CURL | 2 | 3 | 10-12 | N/A | 9 | 1-2 MIN | | | | | FOCUS ON CONTRACTING YOUR BICEPS, MINIMIZE TORSO MOMENTUM |
| | DUMBBELL LATERAL RAISE ISO-HOLD | 0 | 2 | 45 SEC | N/A | 8 | 1-2 MIN | | | | | HOLD THE DUMBBELL WITH YOUR ARMS PARALLEL TO THE FLOOR FOR THE TIME SPECIFIED |

THERE IS NO FORMAL MAX TEST AT THE END OF THIS PROGRAM. POWERBUILDING PHASE 3 WILL BEGIN WITH AN INTRO/DELOAD WEEK AND WILL END WITH A FINAL MAX TEST FOR THE BIG 3 LIFTS.

MANDATORY REST DAY

OPTIONAL

ARM & HYPERTROPHY DAY

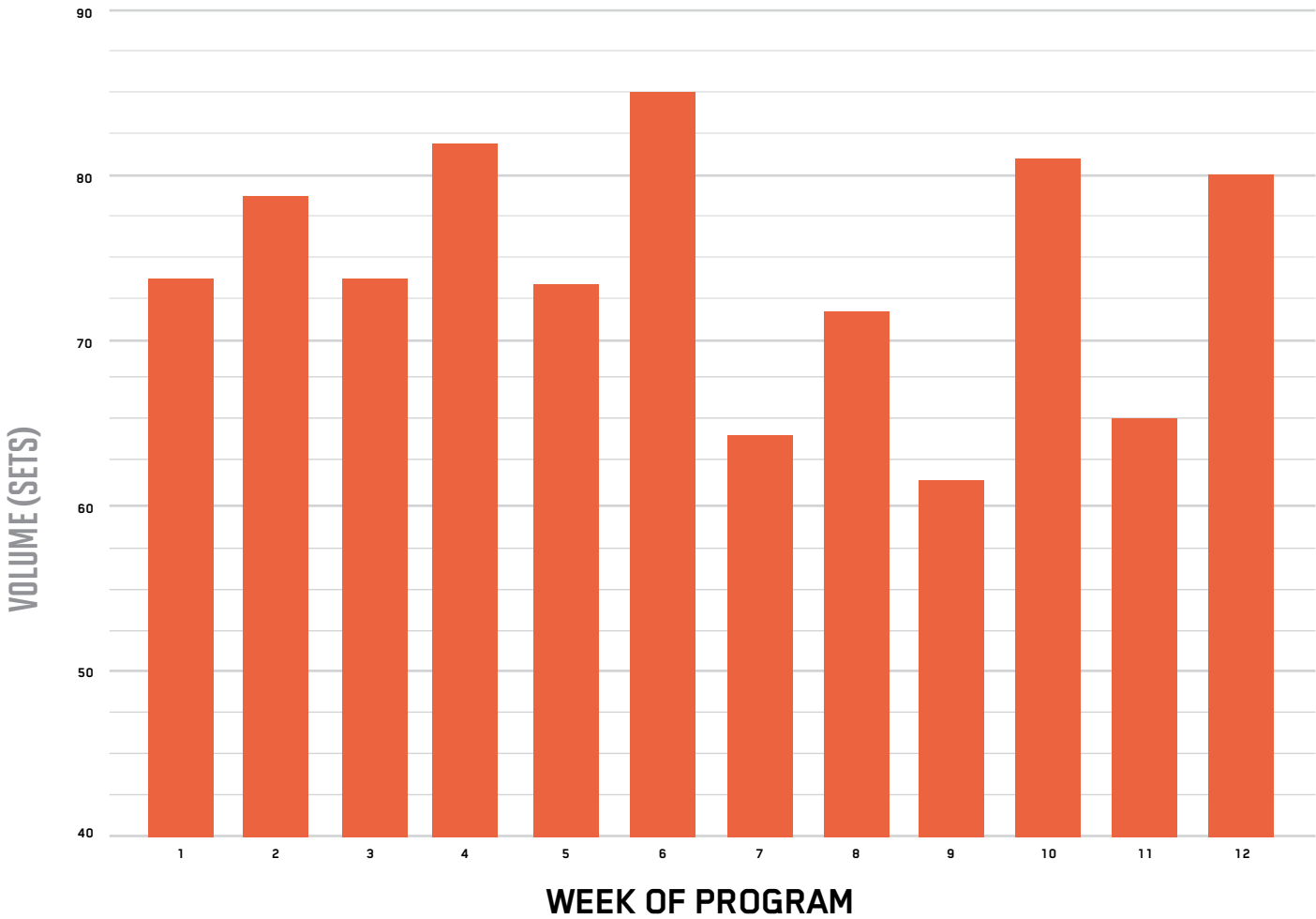
| ARM & HYPERTROPHY DAY: OPTIONALLY RUN THIS DAY ON THE ODD WEEKS (WEEK 1, 3, 5, 7, 9, & 11) IF YOU HAVE AN EXTRA DAY TO TRAIN. | | | | | | | | | | | | |
|---|---|--------------|--------------|-------|------|-----|--------|-------|-------|-------|-------|--|
| WEEK 12 | EXERCISE | WARM-UP SETS | WORKING SETS | REPS | %1RM | RPE | REST | SET 1 | SET 2 | SET 3 | SET 4 | NOTES |
| FULL BODY 5 (PUMP DAY) | A1: HAMMER CURL | 1 | 4 | 8-10 | N/A | 9 | 0MIN | | | | | DO BOTH ARMS AT ONCE. USE A SMALL AMOUNT OF MOMENTUM, CONTROL THE ECCENTRIC |
| | A2: SINGLE-ARM OVERHEAD TRICEPS EXTENSION | 1 | 4 | 10-12 | N/A | 9 | 1-2MIN | | | | | CAN USE CABLE, BAND OR DUMBBELL. FOCUS ON STRETCHING THE TRICEPS, KEEP YOUR ELBOW LOCKED IN PLACE |
| | B1: CABLE CURL | 0 | 3 | 20 | N/A | 8 | 0MIN | | | | | TRADITIONAL CABLE CURL USING A BAR ATTACHMENT. KEEP THE CABLE IN MOTION, NO PAUSING AT THE BOTTOM OR TOP |
| | B2: CABLE TRICEPS KICKBACK | 0 | 3 | 20 | N/A | 8 | 1-2MIN | | | | | LEAN SLIGHTLY FORWARD, LOCK YOUR ELBOW BEHIND YOUR TORSO (SHOULDER HYPEREXTENSION) |
| | ENHANCED-ECCENTRIC CALF RAISE | 1 | 3 | 8EACH | N/A | 8 | 1-2MIN | | | | | DO THE CONCENTRIC WITH BOTH LEGS, THEN DO THE ECCENTRIC UNILATERALLY WITH A 3-SECOND LOWERING PHASE |
| | C1: PLATE SHRUG | 0 | 3 | 15-20 | N/A | 8 | 0MIN | | | | | BRIEF PAUSE AT THE TOP AND BOTTOM OF ROM. THINK ABOUT PULLING YOUR SHOULDERS UP TO YOUR EARS! |
| | C2: NECK FLEXION/EXTENSION (OPTIONAL) | 0 | 3 | 15/15 | N/A | 8 | 1-2MIN | | | | | 15 REPS FLEXION (FRONT OF NECK), 15 REPS EXTENSION (BACK OF NECK) |

| Weekly Volumes (Sets) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|-----------------------|----|----|----|----|----|----|----|----|----|----|----|----|
| Chest | 12 | 8 | 12 | 9 | 12 | 10 | 9 | 6 | 9 | 9 | 9 | 8 |
| Back | 22 | 13 | 22 | 13 | 22 | 13 | 17 | 12 | 17 | 12 | 17 | 12 |
| Biceps | 6 | 5 | 6 | 5 | 6 | 5 | 3 | 6 | 3 | 6 | 3 | 6 |
| Triceps | 4 | 5 | 4 | 5 | 4 | 5 | 6 | 3 | 6 | 3 | 6 | 3 |
| Delts | 18 | 15 | 18 | 17 | 18 | 19 | 11 | 14 | 12 | 16 | 13 | 15 |
| Upper Traps | 5 | 3 | 5 | 3 | 4 | 3 | 8 | 5 | 6 | 5 | 9 | 5 |
| Neck | 0 | 3 | 0 | 3 | 0 | 3 | 0 | 0 | 0 | 0 | 0 | 0 |
| Quads | 14 | 13 | 14 | 14 | 13 | 15 | 14 | 10 | 11 | 12 | 13 | 12 |
| Hamstrings | 11 | 11 | 11 | 11 | 10 | 11 | 10 | 9 | 8 | 11 | 11 | 11 |
| Glutes | 19 | 22 | 19 | 23 | 18 | 24 | 14 | 14 | 11 | 16 | 13 | 16 |
| Calves | 3 | 6 | 3 | 6 | 3 | 6 | 3 | 6 | 3 | 6 | 3 | 6 |
| Abs | 0 | 9 | 0 | 9 | 0 | 9 | 3 | 5 | 3 | 6 | 3 | 6 |

| Weekly Volumes (Sets) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|-----------------------|----|----|----|----|----|----|----|----|----|----|----|----|
| Total | 74 | 79 | 74 | 82 | 73 | 85 | 64 | 72 | 62 | 81 | 65 | 80 |

Note: Adding the Pump Day to Odd Weeks will effect these totals

TOTAL WEEKLY VOLUME OF PROGRAM



EXERCISE DEFINITIONS

| | |
|--------------------|--|
| CHEST | Barbell Bench Press, Close-Grip Bench Press, Larsen Press, Pause Barbell Bench Press, Deficit Push-Up, Pec Flye, Pause DB Incline Press, Dip, Close-Grip Incline Barbell Bench Press, Multi-Height Cable Crossover |
| BACK | Weighted Pull-Up, Meadows Row, Seated Face Pull, Wide-Grip Lat Pulldown, Helms Row, Seated Cable Row, Chin-Up, Cable Reverse Flye, Weighted Neutral-Grip Pull-Up, Chest-Supported Row, One-Arm Row, Constant-Tension Kneeling Pullover, Machine Chest-Supported Row, Single-Arm Pulldown, Band Pull-Apart, Omni-Grip Lat Pulldown, Reverse Pec Deck, Weighted Eccentric-Overload Pull-Up, Eccentric Accentuated Pull-Up, Pendlay Row, Bent Over Row, Machine "Strict Form" Row, Prone Trap Raise |
| BICEPS | Barbell or EZ Bar Curl, Hammer Curl, Chin-Up, Eccentric-Accentuated Barbell or EZ-Bar Curl, Hammer "Cheat" Curl, Incline Dumbbell Curl, Bayesian Curl, Inverse Zottman Curl, EZ Bar Pronated Curl, EZ Bar Supinated Curl, Barbell Curl, Pinch Grip Curl |
| TRICEPS | Close-Grip Barbell Bench Press, Close-Grip Incline Barbell Bench Press, Rope Overhead Triceps Extension, Triceps Pressdown, Single-Arm Overhead Triceps Extension, Dip, Eccentric-Accentuated Barbell Skull Crusher, Constant-Tension Cable Triceps Kickback, Cable Triceps Kickback, Triceps Pressdown 21s |
| DELTS | Barbell Overhead Press, Barbell Bench Press, Close-Grip Bench Press, Larsen Press, Pause Barbell Bench Press, Pause DB Incline Press, Close-Grip Incline Barbell Bench Press, Egyptian Lateral Raise, DB Lateral Raise, Machine Shoulder Press, Lateral Raise (option), Dumbbell Lateral Raise 21s, Dumbbell Lateral Raise Iso-Hold |
| UPPER TRAPS | Deadlift, Opposite Stance Deadlift, Reset Deadlift, Block Pull, Prone Trap Raise, Plate Shrug, Incline Dumbbell Shrug, Cable Shrug-In |
| NECK | Neck Flexion/Extension |
| QUADS | Back Squat, Front Squat, Pin Squat, Hack Squat, Bulgarian Split Squat, Leg Press, Deadlift, Opposite Stance Deadlift, Reset Deadlift, Block Pull, Leg Extension, Unilateral Leg Press, Eccentric-Accentuated Leg Extension, Sissy Squat |
| HAMSTRINGS | Deadlift, Opposite Stance Deadlift, Reset Deadlift, Block Pull, Glute-Ham Raise, Sliding Leg Curl, Leg Curl (Option), Nordic Ham Curl, Unilateral Leg Curl (Option) |
| GLUTES | Back Squat, Front Squat, Pin Squat, Hack Squat, Bulgarian Split Squat, Leg Press, Glute-Ham Raise, Deadlift, Opposite Stance Deadlift, Reset Deadlift, Romanian Deadlift, Block Pull, Single-Leg Hip Thrust, Unilateral Leg Press, Cable Pull-Through, Prisoner Back Extension, Unilateral Hip Thrust, Hip Abduction |
| CALVES | Standing Calf Raise, Single-Leg Standing Calf Raise, Unilateral Standing Calf Raise, Enhanced-Eccentric Calf Raise |
| ABS | Hanging Leg Raise, Weighted Crunch, Long-Lever Plank, V Sit-Up, Cable Wood Chopper, L-Sit Hold, Cable Crunch |



PROGRAM EXPLAINED

In this section, I will outline how the program is set up in terms of the split, autoregulation, progression and periodization.

THE SPLIT

This program alternates between full body weeks and legs/push/pull weeks. We can think about the program as being separated into Odd Weeks and Even Weeks.

Odd Weeks (Week 1, 3, 5, 7, 9, and 11) are the more “powerlifting-focused” full body weeks:

- Generally heavier loads
- Slightly less volume
- Includes one “Arm and Pump Day”, which I will sometimes call a “Roaming Hypertrophy Day” (Day 5) where volume for body parts that were “neglected” throughout the week are caught up on. You can do this day at any time during the week as it should not impact recovery significantly.

Throughout the program, top sets have been implemented and are highlighted in orange in the program sheets. This is intended to maintain familiarity with what high exertion feels like and to keep confidence high throughout the program. These are not meant to be all out, max effort sets, but should still feel challenging. For example, in Week 1 you will do one heavy set of two reps on the back squat. In Week 3, you will do one heavy set of four on the back squat and in Week 5 you do one heavy set of six on the back squat. While there are no formal top sets for the deadlift, a block pull at 90% 1RM occurs on Odd weeks, with the height of the blocks gradually decreasing until Week 9, when an AMRAP is performed with no blocks (i.e. a standard deadlift from the floor). This progression serves a similar purpose of building confidence with heavier loads and a novel way of applying progressive overload via gradual increases in ROM.

Even Weeks (Week 2, 4, 6, 8, and 10) are the more “bodybuilding-focused”

Legs/Push/Pull weeks:

- Generally lighter loads
- Generally higher reps
- More emphasis on variations and technique for primary exercises
- More emphasis on mind-muscle connection for secondary and tertiary exercises
- More advanced hypertrophy techniques like myo-reps, static holds and dropsets

THE AUTOREGULATION

Autoregulation is when you make some choices about your training during your workout rather than having everything locked into place before your workout. If you're new to autoregulation, it may sound like a technical concept, but it's actually very simple. If you've ever done a few extra reps because you were feeling good or took an extra minute of rest to recover after a tough set, then you've already used autoregulation in your training. It essentially just means "adjusting on the fly."

Autoregulation doesn't mean you get to completely go by feel and suddenly have an excuse to totally sandbag your workouts on bad days. Instead, it can be seen as leveraging the fact that performance will differ from day to day.

When running a fixed program, on a day that you're feeling extremely strong

and performing extremely well, you might be confined to doing work that is well below your potential for that day. That's wasted potential. On an autoregulated program, however, if you're feeling particularly strong on one day, you have the freedom to go heavier than usual. And the same thing applies for days that you're not feeling as strong, you have the permission to use weights that match your abilities on that specific day.

This isn't just something I do because it seems intuitively appealing. Research consistently shows that an autoregulated approach results in better strength gains [16–18]. Remember, autoregulation does not mean just tossing in the towel when you're having a bad day. Instead, these studies use techniques, such as tracking bar velocity loss, to allow more informed and structured adjustments to be made. And while most of us don't have access to a bar velocity tracker, luckily there are several other methods that don't require any equipment and still offer better results than a fixed program [16, 17]. That brings us to the two main ways that autoregulation will be used in this program: RPE and Intensity Brackets.

1. RPE

RPE stands for Rating of Perceived Exertion and ranks how hard a set was on a scale of 1–10. This table, adapted from the MASS Research Review should help clarify what each RPE value means.

TABLE 1: RESISTANCE TRAINING-SPECIFIC RIR-BASED RPE SCALE

| RPE SCORE | RIR/DESCRIPTION |
|-----------|---------------------------------|
| 10 | Maximal Effort |
| 9.5 | No RIR, but could increase load |
| 9 | 1 RIR |
| 8.5 | Defitnitely 1, maybe 2RIR |
| 8 | 2 RIR |
| 7.5 | Defitnitely 2, maybe 3RIR |
| 7 | 3 RIR |
| 5-6 | 4-6 RIR |
| 3-4 | Light Effort |
| 1-2 | Light to no Effort |

Adapted from Zourdos et al (2016)

RPE= Rating of Perceived Exertion, RIR= Repetitions in Reserve

Source: MASS Research Review, Volume 3, Issue 9

Whenever an RPE value is given in this program, you will select a weight that will put you at the appropriate RPE for the number of reps given.



| WEEK 1 | EXERCISE | WARM-UP SETS | WORKING SETS | REPS | %1RM | RPE | REST | SET 1 | SET 2 | SET 3 | SET 4 | NOTES |
|-------------------|--------------------------------------|--------------|--------------|-------|------------|-----|---------|-------|-------|-------|-------|---|
| FULL BODY 1 | BACK SQUAT | 4 | 1 | 2 | 82.5-87.5% | 7 | 3-4 MIN | | | | | TOP SET, GET COMFORTABLE WITH HEAVIER LOADS WHILE KEEPING PERFECT TECHNIQUE |
| | FRONT SQUAT [OR BOX SQUAT] | 0 | 3 | 8 | N/A | 7 | 3-4 MIN | | | | | IF YOU LOW BAR SQUAT, DO FRONT SQUAT. IF YOU HIGH BAR SQUAT, DO BARBELL BOX SQUAT |
| | BARBELL BENCH PRESS | 4 | 1 | 4 | 80-85% | 8.5 | 3-4 MIN | | | | | TOP SET, GET COMFORTABLE WITH HEAVIER LOADS WHILE KEEPING PERFECT TECHNIQUE |
| | BARBELL BENCH PRESS | 0 | 2 | 6 | 75-80% | 7 | 1-2 MIN | | | | | SUBMAXIMAL BENCH PRESS, BE HYPERCRITICAL OF FORM |
| | WEIGHTED PULL-UP | 1 | 3 | 4-6 | N/A | 8 | 1-2 MIN | | | | | 1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR |
| | GLUTE-HAM RAISE [OR NORDIC HAM CURL] | 1 | 3 | 6-8 | N/A | 7 | 1-2 MIN | | | | | KEEP YOUR HIPS STRAIGHT, DO NORDIC HAM CURLS IF NO GHR MACHINE |
| | SEATED FACE PULL | 0 | 4 | 15-20 | N/A | 9 | 1-2 MIN | | | | | DON'T GO TOO HEAVY, FOCUS ON MIND-MUSCLE CONNECTION |

For example, let's say I was assigned to do three sets of 10 on a pendlay row to an RPE of eight. From previous training experience, I can guess that I could probably do about 185 pounds for 12 reps, as a max effort set with good

technique. So, after warming up, I would select 185 pounds to be my working weight for the first set, stopping at 10 reps (even though I could've done 12). However, if I reach 10 reps and think the actual RPE was less than eight (let's say the true RPE was six) I should adjust by increasing the weight for the next set. If I reach eight reps and think the RPE was more than eight (say, I actually hit failure or my form started to deteriorate significantly), I should adjust by decreasing the weight for the next set.

Using RPE, on days that you are performing well, you can push heavier than normal. On days that you are not feeling as strong, you can train lighter but still reach the appropriate effort threshold. Obviously, RPE is not intended to be used as an excuse to train light all the time, and it is still important to keep yourself accountable and progressing overall.

2. INTENSITY BRACKETS

For heavier sets and top sets, I use intensity brackets in the program to assign load. For example on Day 1 of Week 1, we kick the program off with a top set for two reps on the back squat, using 82.5–87.5% 1RM. So, for example, if your back squat one rep max is 405 pounds, you'd load something between 82.5 percent and 87.5 percent of 405 pounds. This would give you a loading range of approximately 335–355 pounds.

↓

| WEEK 1 | EXERCISE | WARM-UP SETS | WORKING SETS | REPS | %1RM | RPE | REST | SET 1 | SET 2 | SET 3 | SET 4 | NOTES |
|-------------------|--------------------------------------|--------------|--------------|-------|------------|-----|---------|-------|-------|-------|-------|---|
| FULL BODY 1 | BACK SQUAT | 4 | 1 | 2 | 82.5-87.5% | 7 | 3-4 MIN | | | | | TOP SET, GET COMFORTABLE WITH HEAVIER LOADS WHILE KEEPING PERFECT TECHNIQUE |
| | FRONT SQUAT (OR BOX SQUAT) | 0 | 3 | 8 | N/A | 7 | 3-4 MIN | | | | | IF YOU LOW BAR SQUAT, DO FRONT SQUAT. IF YOU HIGH BAR SQUAT, DO BARBELL BOX SQUAT |
| | BARBELL BENCH PRESS | 4 | 1 | 4 | 80-85% | 8.5 | 3-4 MIN | | | | | TOP SET, GET COMFORTABLE WITH HEAVIER LOADS WHILE KEEPING PERFECT TECHNIQUE |
| | BARBELL BENCH PRESS | 0 | 2 | 6 | 75-80% | 7 | 1-2 MIN | | | | | SUBMAXIMAL BENCH PRESS, BE HYPERCRITICAL OF FORM |
| | WEIGHTED PULL-UP | 1 | 3 | 4-6 | N/A | 8 | 1-2 MIN | | | | | 1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR |
| | GLUTE-HAM RAISE (OR NORDIC HAM CURL) | 1 | 3 | 6-8 | N/A | 7 | 1-2 MIN | | | | | KEEP YOUR HIPS STRAIGHT, DO NORDIC HAM CURLS IF NO GHR MACHINE |
| | SEATED FACE PULL | 0 | 4 | 15-20 | N/A | 9 | 1-2 MIN | | | | | DON'T GO TOO HEAVY, FOCUS ON MIND-MUSCLE CONNECTION |

On days you are not feeling as strong, you should aim for the bottom end of the range.

This is SO IMPORTANT that it bears repeating.

When using intensity brackets, DO NOT feel as though you always need to hit the top end of the bracket in order for that workout to be considered a success. Knowing when to push and when to pull back is an extremely important skillset to develop as a mature lifter. In fact, this is the entire point of using autoregulation in the first place – you have the freedom to go a bit heavier on days when you feel strong and to go a bit lighter on days when you do not feel strong.

In my coaching experience, trainees will often feel like a failure if they don't hit the top end of the bracket. This can be a dangerous trap. Pushing yourself to the top end of the limit on days that you're feeling weak can result in form breakdown, excessive fatigue accumulation and poor lifting psychology. I use the mid or low end of the intensity bracket in training any time the warmups feel heavy and my performance is low.

As a general rule, if you have some outside stressor in your personal life, didn't sleep well the night before, or even didn't time your pre-workout optimally due to legitimate time constraints, you have every reason to opt for the low end of the bracket. In fact, opting for the low end of the bracket on a day you are feeling weaker will actually induce a more effective training stimulus than if you were to push beyond your limits for that day, as that would present yet another high-stress demand for your body to overcome.

Of course, it's still a good idea to have an idea in your head of what weights you're planning to hit for each lift, but most of the time I won't know whether I'm going to use the low, mid or high end of the bracket until I get into my warmup sets. Also, you can't always go by how you're feeling going into the workout. Some days that I feel really good going into the workout, the warmup sets end up feeling really heavy, so I opt for the low end of the bracket. And other days I feel really bad going into the workout, but the warmup sets actually end up feeling really easy, so I opt for the high end of the bracket.

Remember, for autoregulation to be effective, you need to actually autoregulate. This means you need to pay attention to how you're feeling that day, notice how the warmups move and then make an educated decision about what weight you should load for your top set. And again, there is no shame in using a lighter load on days where your performance is clearly not at 100 percent. As long as you're honest with yourself, a day will come when you feel at 100 percent again very soon, and because you had the wherewithal

to hold back when appropriate, you will be recovered and ready for when the timing feels right for a push.

THE PROGRESSION

PRIMARY EXERCISES:

As mentioned previously, all primary exercises use either a fixed percentage of your one rep max (%1RM) or intensity brackets using a range of %1RM.

If you are given a fixed %1RM, you simply have to execute the sets and reps at that weight, and the progression will take care of itself.

If you are given a range of %1RM (intensity brackets), you should use the autoregulation method explained above to help you determine the weight you will use for that day.

HOW TO DETERMINE YOUR ONE REP MAX

Of course, to use a %1RM approach, you must know (or at least have a rough idea of) what your one rep max is for that exercise. Because there is max testing at the end of Phase 1, you should have a good idea of your maxes if you recently completed Phase 1. However, not everyone will run Phase 2 immediately after Phase 1 and so, you may need to ballpark it using another

method.

Remember that the 1RMs you use should be your CURRENT 1RMs. Just because you hit a certain weight a year ago does not mean that is your current 1 rep max. Input 1RMs are not necessarily all-time PRs. They are the weights you could hit for a 1 rep max today.

If you don't know your one rep max currently for any of the lifts, there are three different ways you can estimate it. Remember, you don't need to know exactly what your true one rep max is to find the right loads, you just need to be in the right ballpark. Let's use the squat as an example to illustrate for anyone who can't already currently estimate their 1RM.

Always use a spotter's assistance and safety pins when testing 1 rep maxes!

OPTION 1 – Do an AMRAP test as follows:

- Warm up by pyramiding up in weight using estimated 1RM:
- Bar x 15, 50% x 8, 60% x 4, 70% x 3, 80% x 2, 85% x 1.
- Do a set of as many reps as possible with 90–92.5 percent of your estimated 1RM using a spotter for safety
- Alternatively, you can pick a weight you think you can do about three to five reps with, and do as many reps as possible using a spotter for safety
- Plug the results of the AMRAP test in to this 1RM calculator to determine your

new working 1RM:

- <http://www.exrx.net/Calculators/OneRepMax.html>

OPTION 2 – Plug the results of any recent “tough set” taken close to failure in the six or lower rep range into this calculator, which will estimate your 1RM:

- <http://www.exrx.net/Calculators/OneRepMax.html>

OPTION 3 – Do an actual 1 rep max test:

This approach is more suitable for experienced powerlifters accustomed to hitting heavy singles. For everyone else, this is generally not my preferred option because if you aren’t accustomed to maxing out with heavy loads, it can result in form breakdown and potentially carry a higher risk of injury. If you are going to use this approach, think of it more like an “RPE 9.5 max” rather than a true RPE 10 max that you risk failing. Remember, we’re only trying to get an estimate of what you could do to help determine the loads you should use. It isn’t important for us to know exactly where your strength ceiling actually is in order to apply a progressive stimulus in the program. If you decide to go this route, perform the max test as follows:

- Warm up by pyramiding up in weight using currently estimated 1RM:
- Bar x 15, 50% x 8, 60% x 4, 70% x 3, 80% x 2, 85% x 1, 95% x 1
- Pick a weight between 100 percent and 107.5 percent of your currently

estimated 1RM and complete it for one rep

- Stop once you feel like you're in the RPE 9-10 zone. You've found your estimated 1RM.

Note: Options 1 and 2 are preferred for those with primarily bodybuilding goals. Because powerlifters are generally more accustomed to doing heavy singles, Option 3 may be simpler for those with primarily powerlifting goals.

Note: If you do any AMRAP tests or max tests before beginning the program, do them on their own day for each lift and then rest at least two days before beginning Week 1, Day 1.

SECONDARY/TERTIARY EXERCISES:

For secondary and tertiary exercises, there is typically a rep range given (for example, "10-12 reps" or "12-15 reps"). Ideally, you would progress by adding reps with the same weight until you reach the top end of the rep range. Once you reach the top end of the range, you would add some minimum amount of weight and start back at the bottom of the range again. On some exercises, it will be impossible to add reps and/or weight every week because it will be impossible to maintain good form by the end of the program. Therefore, the main goal of every secondary and tertiary exercise is simply to make an effort to do something better from week to week. This can be any of the following:

- Increasing either rep(s) or weight;

- Improving technique (such as by controlling the tempo better than last time);
or
- Improving the mind-muscle connection (such as by “squeezing” the target muscle harder than last time)

THE PERIODIZATION

A technical definition of periodization is “a method for employing sequential or phasic alterations in the workload, training focus, and training tasks contained within the microcycle, mesocycle, and annual training plan. The approach depends on the goals established for the specified training period. A periodized training plan that is properly designed provides a framework for appropriately sequencing training so that training tasks, content, and workloads are varied at a multitude of levels in a logical, phasic pattern in order to ensure the development of specific physiological and performance outcomes at predetermined time points.” [19].

Yeah, it’s a mouthful. For this reason, most evidence-based coaches prefer to think of periodization simply in terms of how a program is organized over time. In general, we can organize training into three main categories based on time frame: the macrocycle (usually a full calendar year or competition season), the mesocycle (usually a single training program) and the microcycle (usually one week of training).

A. THE MACROCYCLE:

The macrocycle takes a big picture look at how a given training program fits into a yearly training plan. This program serves the purpose of gaining strength and building size simultaneously, with a slight emphasis on building size. For someone who personally places bodybuilding above powerlifting, this program can fit into the yearly training plan something like this:

| QUARTER 1 | QUARTER 1 | QUARTER 1 | QUARTER 1 |
|---|--|---|--|
| <ul style="list-style-type: none">• Approach: Powerbuilding• Main goal: Equal focus on size and strength Ex. Powerbuilding Phase 1 | <ul style="list-style-type: none">• Approach: Bodybuilding• Main goal: Gain size (put strength work at maintenance) Ex. Powerbuilding Phase 2 | <ul style="list-style-type: none">• Approach: Powerlifting• Main goal: Gain strength (put hypertrophy work at maintenance) Ex. Powerbuilding Phase | <ul style="list-style-type: none">• Approach: Bodybuilding• Main goal: Gain size (put strength work at maintenance) Ex. Pure Bodybuilding Program |

A full calendar year of training can be split up into distinct phases, each with a specific primary goal. This is how powerbuilding and strength phases can be organized for a trainee mostly concerned with gaining muscle.

For someone who places powerlifting above bodybuilding, this program can fit into the yearly training plan something like this:

| QUARTER 1 | QUARTER 1 | | QUARTER 1 | QUARTER 1 |
|---|---|-------------|--|---|
| <ul style="list-style-type: none"> • Approach: Powerbuilding • Main goal: Equal focus on size and strength (slightly more size emphasis) <p>Ex. Powerbuilding Phase 2</p> | <ul style="list-style-type: none"> • Approach: Powerlifting (peaking) • Main goal: Develop max strength leading into competition <p>Ex. Powerbuilding Phase 3</p> | Competition | <ul style="list-style-type: none"> • Approach: Hypertrophy • Main goal: Gain muscle to help break strength plateaus <p>Ex. Pure Bodybuilding Program</p> | <ul style="list-style-type: none"> • Approach: Powerbuilding • Main goal: Equal focus on size and strength (slightly more strength emphasis) <p>Ex. Powerbuilding Phase 1</p> |

How powerbuilding phases can fit into a yearly training plan for a powerlifter.

Of course, these are just examples. There are virtually an infinite number of ways you could plan out your goals across a full year of training according to your own goals, weak points and preferences. The point here is that, from a periodization standpoint, a powerbuilding program fits nicely into a macrocycle for both someone primarily concerned with building size and for someone primarily concerned with gaining strength.

B. THE MESOCYCLE:

The mesocycle typically refers to how training is organized over a period of a few months. Some coaches prefer to use shorter mesocycle lengths of three or four weeks, while others write programs over longer time frames in the one to

three month range. Since this program is 12 weeks in length, we can consider the entire program itself as one mesocycle.

The mesocycle is organized such that the training focus alternates from week to week. As explained previously, odd weeks are heavier and more strength focused, and even weeks are lighter and more hypertrophy focused.

Overall, the volume slightly decreases as load and intensity increase across the odd weeks. Here, to ensure adequate recovery, the goal is to gradually handle heavier weights as volume tapers slightly.

The even weeks utilize a more basic progressive overload approach, where volume remains roughly constant throughout the program, with the main goal being to overload week to week using the methods discussed in the Progression section.

Throughout the program there are principles borrowed from a variety of different periodization strategies including daily undulating periodization (different reps and loads are used for the same lift within the training week), weekly undulating periodization (rep counts progress non-linearly from week to week) and conjugate periodization (exercise variations are switched regularly).

DELOAD (WEEK 8)

There is a semi-deload week in Week 8, where volume and RPEs are lowered slightly. Rather than think of this week as a complete deload, I prefer to think of it as a “technique week” where you check in on your form on the main lifts and focus on improving the mind-muscle connection on the accessories. It is important to strictly follow RPEs in Week 8 to promote recovery in preparation for the challenging remainder of the program.

MAX TESTING

Besides an AMRAP for the deadlift at 90% of your 1RM in Week 9 and an AMRAP for the barbell bench press at 85% of your 1RM in Week 12, there is no max testing in this program. This is because Phase 2 of the Powerbuilding System is more focused on hypertrophy and work capacity than peaking for strength directly. Phase 3 will end with a full blown max testing week since it is a more strength-focused program.

C. THE MICROCYLE

The microcycle typically refers to a single week of training. In this program, there are two separate microcycles that alternate throughout the 12 week mesocycle. As mentioned before, odd weeks use a full body setup and focus

more on strength, while even weeks use a legs/push/pull setup and focus more on hypertrophy. Let's take a quick look at both:

ODD WEEKS (FULL BODY)

In the odd weeks, the back squat and barbell bench press are usually hit twice per week with the heavier and harder sets coming earlier in the week and technique and volume work coming later in the week.

Deadlifts from the floor are hit once per week on the Odd weeks, however, a block pull is also included that starts at 6" off the floor, and gradually works down to a 0" block pull throughout the program. In the second half of the program, as the blocks are getting close to deadlifting from the floor, the first deadlift day is replaced by a lighter "opposite stance" deadlift variation, to avoid overwhelming that same movement pattern with heavy sets just a few days later.

Finally, at the end of the week is an "Arm & Pump Day," which is intended to fill in any gaps in bodypart volume throughout the week. Because this day will have a small impact on recovery, it can be done on any day you have free throughout the week, according to what best fits your schedule. If you have no preference, simply hit it the day after Day 4.

EVEN WEEKS (LEGS/PUSH/PULL)

In the even weeks, the Big 3 are hit through the use of variations on the main movement pattern, along with one day of standard barbell bench press and back squats once per week. For example, on even weeks throughout the program, you will train the hack squat, pin squat, Romanian deadlift, reset deadlift, close-grip bench press, larsen press, and deficit push-ups. Despite all the variation, some version of the Big 3 is still being hit at least two times per week. Most of the even weeks' work is dedicated to proportional muscular development through the use of a variety of exercises and rep ranges.



PROGRAM VARIABLES

TECHNIQUE

From a strength perspective, I consider technique to be the most fundamental variable in this program and it's covered in detail in the Powerbuilding Technique Handbook included with this program. Make sure to give it a thorough read, as in terms of both size and strength, it will be critical for determining your success on this program. If there are any other exercises that you are not sure how to perform with proper technique, please see the [Exercise](#)

Video Demonstrations section. For now, let's move on to the other training variables.

EFFORT/INTENSITY

How hard should you push each set?

As mentioned, this program uses both percentage-based and RPE-based methods for determining what weights you should use, which will ultimately determine your level of effort. How hard you should be pushing yourself mainly depends on the exercise you're performing.

- **PRIMARY EXERCISES:** Primary exercises will see a wide range of RPEs. On the strength-focused weeks (Odd Weeks), top sets are in a higher RPE zone of eight to nine. These sets SHOULD feel challenging and should regularly have you either hitting or approaching rep PRs. Later in the week, the percentages on primary lifts decrease, as emphasis shifts to practicing and refining technique while accumulating volume. In general, I recommend avoiding failure on primary exercises since it presents a large recovery demand without a significant additional stimulus for hypertrophy or strength. Research repeatedly tells us that it simply isn't necessary to train all the way to failure to make strength and size gains. In addition, it clearly can be counterproductive if it causes fatigue to consistently exceed your ability to recover [20–22].

- **SECONDARY/TERTIARY EXERCISES:** Most sets on secondary and tertiary exercises are in the eight to nine RPE zone in this program, meaning one or two reps are being “left in the tank.” However, when a secondary or tertiary exercise is the last exercise for a given body part that day, you can take the last set to failure with good technique. Also, it’s important to remember that an RPE 9 set is still a tough set. It means that, if you had a gun to your head, you could only barely squeeze out one more rep with good form. This is a far cry from simply “going through the motions” and just “getting a pump” in the gym. RPE 10 sets are also included in various exercises throughout the program to ensure that you are in fact adequately pushing yourself and comfortable with pushing to your limits when appropriate.

While I admire a strong work ethic, similar to volume, more effort is not always better. Properly applied effort is what we are always looking for. This means that we should reserve training to failure (or near failure) for when it fits within the context of the program as a whole.

VOLUME

Volume loosely refers to the total amount of work you are doing. This is often approximated as sets x reps x load, but is often simply thought of as the total number of working sets. Total volume can be viewed as both volume per-session and volume per-week. Per-session volume requirements are actually quite low, with the research showing just one single set to be an adequate stimulus for hypertrophy [23]. However, multiple sets per muscle

group are thought to be required to maximize hypertrophy [24]. It is important to remember that not all volume is created equally, and more volume is not always the answer. A study comparing five sets of 10 reps versus 10 sets of 10 reps on the squat actually showed greater strength responses in the five sets group, despite using half the volume. Additionally, the 10 x 10 group lost muscle (on average) in their legs [25], so there appears to be a volume limit, past which more volume is not helpful for hypertrophy.

I have also provided the weekly volume analytics for each body part and in terms of total working sets. From these, you can adjust the figures slightly up or down based on your previous training experience. Granted, while these values provide some insight, they can be very misleading. For example, when it comes to both stimulus and fatigue, there is an enormous difference between a set of eight on squats and a set of eight on leg extensions. Yet, in the volume analytics, these would both count as one set for the quads. Similarly, for muscles like the triceps, I have decided to only count isolation work, close-grip bench press (flat and incline) and dips. As such, the numbers may appear artificially deflated, since we know the triceps will be hammered indirectly from all of the horizontal and vertical pressing in the program. Therefore, I encourage you to view the volume analytics merely as another tool in your toolbox, rather than as a determinative factor for the results you'll get from this program. Not all volume is created equally, and more isn't necessarily better.

AN IMPORTANT DISCLAIMER ABOUT TRAINING VOLUME

If you're coming to this program from a background of super high volume training, hopefully this routine will help you find the balance you need for a long and prosperous training career. Try to keep in mind that volume is organized in this program in a structured manner and, throughout the program, our number one priority is quality of execution.

Just because someone may be running a higher volume training program than you, it does not imply that they will see better results. This is because there are so many factors other than volume that go into proper program design. It is therefore, careless and shortsighted to judge a program based merely on how many sets it has you doing. Granted, volume has been identified as one of the primary factors driving muscle growth, so it must still be considered a central tenet of program design [26–29]. Still, this shouldn't tempt us to fall for either of the two most common volume misconceptions:

1. The "Pedestal Myth": the false idea that volume matters more than everything else. The reality is that ALL program variables must fit together like a puzzle, and it would be inappropriate to put one variable on a pedestal.
2. The "Quantity-Over-Quality Myth": the false idea that more volume is always better. Like the rest of the training variables, volume must be properly

managed within the training week and complement the other, more foundational programming factors like proper exercise execution (technique), the prioritization of recovery and the management of effort.

I elaborate on basic volume concepts at the links below:

- Fundamentals Ep 2: <https://www.youtube.com/watch?v=7S0NjKYIJ7I>
- Volume Science Explained: <https://www.youtube.com/watch?v=qwv3JqOUqWs>
- Is (Too Much) Volume Killing Your Gains?: <https://www.youtube.com/watch?v=Mja2fDwYA5s>



EXERCISE VIDEO DEMONSTRATIONS

Note: All exercises are listed in alphabetical order and are written exactly as they appear in the program. For example, "Pull Ups" are listed under "Weighted Pull-Up" and "Bench Press" is listed under "Barbell Bench Press". You can use the Command+F function to find the exercise you need if you are on a computer.

BACK SQUAT: <https://youtu.be/bEv6CCg2BC8?t=147>

BAND PULL-APART: https://youtu.be/bN_IGBqZURw

BARBELL BENCH PRESS: <https://youtu.be/vcBig73ojpE?t=134>

BARBELL OR DUMBBELL ISOMETRIC HOLD (GRIP WORK): <https://youtu.be/mpyGvcodAEs>

BARBELL OR EZ BAR CURL: <https://youtu.be/i1YgFZB6all?t=139>

BARBELL OVERHEAD PRESS: https://youtu.be/_RIRDWO2jfg?t=121

BARBELL RDL: https://youtu.be/_oyxCn2iSjU?t=95

BAYESIAN CURL: <https://youtu.be/eUYY19p4lRY?t=962>

BLOCK PULL: <https://youtu.be/qOH1ZqkW-hw>

BOX SQUAT: <https://www.youtube.com/watch?v=Bl-lkWLs-pY> (choose a stance that feels comfortable to you)

BULGARIAN SPLIT SQUAT: <https://youtu.be/htDXu61MPio>

CABLE CRUNCH: <https://youtu.be/2RrGnjxSsiA?t=124>

CABLE CURL: <https://youtu.be/rBFn11V32mM>

CABLE PULL-THROUGH: <https://www.youtube.com/watch?v=NV8oPOpLsQU>

CABLE REVERSE FLYE: <https://www.youtube.com/watch?v=uCV40OQMGpM>

CABLE SHRUG-IN: <https://youtu.be/C6sYjDFuq9I?t=354>

CABLE TRICEPS KICKBACK: <https://youtu.be/94DXwlcX8Po?t=327>

CHEST-SUPPORTED ROW:

DUMBBELLS: <https://youtu.be/bsx8PIGlual>

MACHINE: <https://youtu.be/qVek72z3F1U?t=956>

T-BAR OPTION: <https://youtu.be/160n9FBX84s>

CHIN-UP: <https://youtu.be/Hdc7Mw6BIEE?t=234>

CLOSE-GRIP BENCH PRESS: <https://www.youtube.com/watch?v=xGfUcV11x5g>

CLOSE-GRIP INCLINE BARBELL BENCH PRESS: <https://youtu.be/0P4Ep0SBW5Q>

CONCENTRATION CURL: https://youtu.be/FbWfA_s0XL8?t=379

CONSTANT-TENSION CABLE KNEELING PULLOVER: <https://youtu.be/Vf7wf6bZODQ>

(except with a consistent pace of 1 second up and 1 second down)

CONSTANT-TENSION CABLE TRICEPS KICKBACK: <https://youtu.be/94DXwlcX8Po?t=327>

(except with a consistent pace of 1 second up and 1 second down)

DB LATERAL RAISE: https://youtu.be/v_ZkxWzYnMc?t=215

DB LATERAL RAISE SWING: <https://youtu.be/D4YWXJjVLJA?t=1167>

DEADLIFT:

CONVENTIONAL: <https://youtu.be/VL5Ab0T07e4?t=175>

SUMO: <https://youtu.be/XsrD5y8ElKU?t=176>

DEFICIT PUSH-UP: <https://youtu.be/gDoTTdAhsDg>

DIP: https://youtu.be/yN6Q1UI_xkE?t=75

DUMBBELL LATERAL RAISE 21S: <https://youtu.be/qVek72z3F1U?t=848>

DUMBBELL LATERAL RAISE ISO-HOLD: <https://youtu.be/5TuiimwF-iY>

ECCENTRIC-ACCENTUATED BARBELL SKULL CRUSHER: <https://youtu.be/qVek72z3F1U?t=380>

ECCENTRIC-ACCENTUATED EZ BAR OR BARBELL CURL: <https://youtu.be/i1YgFZB6all?t=139> (except with a slower ~3 second negative)

ECCENTRIC-ACCENTUATED LEG EXTENSION: <https://youtu.be/qVek72z3F1U?t=178>

ECCENTRIC-ACCENTUATED PULL-UP: <https://youtu.be/Hdc7Mw6BIEE?t=99>

(except with a slower ~3 second negative)

EGYPTIAN LATERAL RAISE: <https://youtu.be/SJqInYJcg5k?t=653>

ENHANCED-ECCENTRIC CALF RAISE: <https://youtu.be/JGvIODOgY6E>

(concentric with both legs, then 3 second lowering phase on one leg only --
alternate the eccentric leg from rep to rep)

EZ BAR PRONATED CURL: https://youtu.be/MfMxT_jXcPE?t=75

EZ BAR SUPINATED CURL: <https://youtu.be/i1YgFZB6all?t=139>

FRONT SQUAT: https://youtu.be/v-mQm_droHg?t=135

GLUTE-HAM RAISE: https://youtu.be/psdbgvbdd_M

HACK SQUAT: <https://youtu.be/qVek72z3F1U?t=618>

HAMMER CURL: <https://youtu.be/Kd3tbUnbueU>

HAMMER "CHEAT" CURL: <https://youtu.be/qVek72z3F1U?t=536>

HANGING LEG RAISE: <https://youtu.be/2RrGnjxSsiA?t=247>

HELMS ROW: <https://youtu.be/axoeDmW0oAY?t=419>

HIP ABDUCTION:

BANDED: <https://youtu.be/u8xxroQrqjU>

MACHINE: <https://youtu.be/zfUWbpdjczg>

WEIGHTED: <https://youtu.be/tkDW0dXYfMY>

INCLINE DUMBBELL CURL: <https://youtu.be/3FAvFJ0Vtag>

INCLINE DUMBBELL SHRUG: https://youtu.be/HsdwUZtGG_0

INVERSE ZOTTMAN CURL: https://youtu.be/oU0Lb2dD_js

L-SIT HOLD: <https://youtu.be/qVek72z3F1U?t=711>

LARSEN PRESS: <https://youtu.be/RQjPWrmMDqQ>

LATERAL RAISE (CHOICE):

BAND: <https://youtu.be/JLssC9qliZ4>

CABLE: <https://youtu.be/SJqInYJcg5k?t=653>

DUMBBELLS: https://youtu.be/v_ZkxWzYnMc?t=215

LEG CURL (CHOICE):

LYING LEG CURL: https://www.youtube.com/watch?v=e_48W0vIU58

SEATED LEG CURL: <https://youtu.be/2CMmuH4qJh0>

LEG EXTENSION: <https://youtu.be/ljO4jkwv8wQ?t=202>

LEG PRESS: <https://youtu.be/didU4ZwAkPI?t=241>

LONG-LEVER PLANK: <https://youtu.be/1G0y8D5rFDc?t=227>

MACHINE SHOULDER PRESS: <https://www.youtube.com/watch?v=flr4ohSI0j8>

(or similar machine that you feel working your shoulders well)

MACHINE "STRICT FORM" ROW: <https://youtu.be/qVek72z3F1U?t=956> (can be done on any similar machine with a double overhand grip)

MEADOWS ROW: <https://youtu.be/f2JDJV0AnyY?t=336>

MULTI-HEIGHT CABLE CROSSOVER: <https://youtu.be/ST4NftL6lAQ>

NECK FLEXION/EXTENSION:

EXTENSION: <https://youtu.be/gimeRpdqWQw?t=294>

FLEXION: <https://youtu.be/gimeRpdqWQw?t=243>

NORDIC HAM CURL: <https://youtu.be/qVek72z3F1U?t=683>

PARTNER ASSISTED: <https://www.youtube.com/watch?v=TThU76o0RK4>

LAT PULLDOWN OPTION: https://youtu.be/KUVo0_NruP8

OMNI-GRIP LAT PULLDOWN: <https://youtu.be/qVek72z3F1U?t=927>

ONE-ARM ROW: <https://youtu.be/djKXLt7kv7Q?t=115>

PAUSE BARBELL BENCH PRESS: <https://youtu.be/vcBig73ojpE?t=134> (with a 2-3 second pause on the chest on each rep)

PAUSE DB INCLINE PRESS: <https://www.youtube.com/watch?v=p2t9daxLpB8>
(plus a 2-3 second pause at the bottom in the stretched position)

PEC FLYE:

BAND: <https://youtu.be/d9WHnFu1xao>

CABLE: <https://youtu.be/-ElhKMDSjBY?t=110>

DUMBBELLS: <https://youtu.be/wkyadlB54wE>

PENDLAY ROW/BENT OVER ROW:

BENT OVER ROW: <https://youtu.be/djKXLt7kv7Q?t=273>

PENDLAY ROW: <https://youtu.be/axoeDmW0oAY?t=185>

PIN SQUAT: <https://youtu.be/fxitGcBp5DI>

PINCH GRIP CURL: <https://youtu.be/PJi2kKn0tbs>

PLATE SHRUG: <https://youtu.be/dWsbU1Rv7Lk>

PRISONER BACK EXTENSION: <https://youtu.be/qVek72z3F1U?t=683>

PRONE TRAP RAISE: <https://youtu.be/m2Hc5BjXbdQ>

RESET DEADLIFT:

SUMO: <https://youtu.be/KEOtP4w1KUg>

CONVENTIONAL: <https://youtu.be/c3PzzJqsKMQ>

REVERSE PEC DECK (Protracted Scapulae): <https://youtu.be/qVek72z3F1U?t=1025>

REVERSE PEC DECK (Protraction/Retraction ROM): <https://youtu.be/qVek72z3F1U?t=1040>

ROPE OVERHEAD TRICEPS EXTENSION: <https://youtu.be/qIW3z-ydg-M>

SEATED CABLE ROW: https://youtu.be/FbWfA_s0XL8?t=273

SEATED FACE PULL: <https://www.youtube.com/watch?v=x0WLWRbNdWM>

SINGLE-ARM OVERHEAD TRICEPS EXTENSION: <https://youtu.be/popGXI-qs98?t=367>

SINGLE-ARM PULLDOWN: https://youtu.be/tQ2LSSP_0GQ?t=437

SINGLE-LEG HIP THRUST: <https://youtu.be/qVek72z3F1U?t=672>

SISSY SQUAT: <https://youtu.be/51NvYk1lvvw>

An informative video explaining benefits of Sissy Squats from my friend Alex:

https://www.youtube.com/watch?v=82z9d_QciX8

SLIDING LEG CURL: https://youtu.be/0a_fVS2s4Ho?t=247

STANDING CALF RAISE: https://youtu.be/-qsRtp_PbVM?t=185

TRICEPS PRESSDOWN: <https://youtu.be/94DXwlcX8Po?t=106>

TRICEPS PRESSDOWN 21S: <https://youtu.be/p47splApw0Q> (do these in this order)

UNILATERAL LEG CURL (CHOICE):

LYING LEG CURL: <https://youtu.be/Y4Vv2ASsyhs?t=619>

SEATED LEG CURL: <https://youtu.be/2CMmuH4qJh0> (except with one leg at a time)

UNILATERAL LEG PRESS:

UNILATERAL OPTION: <https://youtu.be/07U0jrOxvgU>

STANDARD OPTION: <https://youtu.be/Gvgm70v4sPU>

UNILATERAL STANDING CALF RAISE: <https://youtu.be/f7DdxvcmSQQ>

WALL SLIDE: <https://youtu.be/CFiAOwA342Y>

WEIGHTED CRUNCH: <https://youtu.be/qVek72z3F1U?t=275>

WEIGHTED ECCENTRIC-OVERLOAD PULL-UP: <https://youtu.be/R7D6gFTpp2c>

WEIGHTED NEUTRAL-GRIP PULL-UP: <https://youtu.be/qXa1BUY1Gzk> (add weight as needed using a weight belt)

WEIGHTED PULL-UP: <https://youtu.be/Hdc7Mw6BIEE?t=99>

WIDE-GRIP LAT PULLDOWN: <https://youtu.be/qVek72z3F1U?t=927>



EXERCISE SUBSTITUTIONS

If there are any exercises in the program that you cannot perform due to injury, pain or lack of equipment, below are some suggested alternatives that you can substitute. The substitutions are listed in order of preference.

Note: All exercises are listed in alphabetical order and are written exactly as they appear in the program. For example, "Pull Ups" are listed under "Weighted

Pull-Up" and "Bench Press" is listed under "Barbell Bench Press". You can use the Command+F function to find the exercise you need if you are on a computer.

BACK SQUAT: Hack squat, smith machine squat, [leg press + 15 reps of back extensions]

BAND PULL-APART: Bent over reverse dumbbell flye, reverse cable crossover

BARBELL BENCH PRESS: Dumbbell bench press, machine chest press, smith machine bench press

BARBELL OR DUMBBELL ISOMETRIC HOLD (GRIP WORK): Plate pinch (hold two 10 lb plates together side-by-side and pinch with your fingers)

BARBELL OR EZ BAR CURL: Dumbbell curl, cable curl

BARBELL OVERHEAD PRESS: Seated barbell overhead press

BARBELL RDL: Good morning, stiff-leg deadlift

BAYESIAN CURL: Incline dumbbell curl

BLOCK PULL: Snatch-grip deadlift

BOX SQUAT: Front squat, goblet squat, safety bar squat

BULGARIAN SPLIT SQUAT: Dumbbell high step-up, reverse lunge

CABLE CRUNCH: Plate-weighted crunch, bodyweight crunch, V sit-up, bicycle crunch

CABLE CURL: Dumbbell curl, EZ bar curl, barbell curl

CABLE PULL-THROUGH: Glute-ham raise, glute bridge, reverse hyper, barbell hip thrust

CABLE REVERSE FLYE: Reverse pec deck, bent over reverse dumbbell flye

CABLE SHRUG-IN: Wide-grip barbell shrug, dumbbell shrug (shrug up and in)

CABLE TRICEPS KICKBACK: Dumbbell triceps kickback, V-bar pressdown

CHEST-SUPPORTED ROW: Cable single-arm row, chest-supported T-bar row, DB chest-supported row

CHIN-UP: Pull-up, supinated lat pulldown

CLOSE-GRIP BENCH PRESS: Close-grip dumbbell bench press, dip, machine dip

CLOSE-GRIP INCLINE BARBELL BENCH PRESS: Close-grip incline dumbbell bench press

CONCENTRATION CURL: DB preacher curl

CONSTANT-TENSION CABLE KNEELING PULLOVER: Constant-tension dumbbell lat pullover, constant-tension band lat pullover

CONSTANT-TENSION CABLE TRICEPS KICKBACK: Constant-tension dumbbell triceps kickback, constant-tension band tricep kickback

DB LATERAL RAISE: Machine lateral raise, Egyptian lateral raise

DB LATERAL RAISE SWING: Machine lateral raise, Egyptian lateral raise

DEADLIFT:

- **CONVENTIONAL:** Sumo deadlift, trap bar deadlift
- **SUMO:** Conventional deadlift, trap bar deadlift

DEFICIT PUSH-UP: Barbell incline press, paused dumbbell incline press

DIP: Assisted dip, machine dip, flat DB press (feel the stretch at the bottom)

DUMBBELL LATERAL RAISE 21S: Machine lateral raise 21s, Egyptian lateral raise 21s

DUMBBELL LATERAL RAISE ISO-HOLD: Machine lateral raise iso-hold, Egyptian lateral raise iso-hold

ECCENTRIC-ACCENTUATED BARBELL SKULL CRUSHER: Eccentric-accentuated EZ bar skull crusher, floor press, pin press, JM press

ECCENTRIC-ACCENTUATED EZ BAR OR BARBELL CURL: Eccentric-accentuated dumbbell curl, eccentric-accentuated cable curl

ECCENTRIC-ACCENTUATED LEG EXTENSION: Sissy squat, eccentric-accentuated goblet squat

ECCENTRIC-ACCENTUATED PULL-UP: Eccentric-accentuated lat pulldown, eccentric-accentuated neutral-grip pull-up

EGYPTIAN LATERAL RAISE: Dumbbell lateral raise, machine lateral raise

ENHANCED-ECCENTRIC CALF RAISE: Standing calf raise, seated calf raise, leg press calf press

EZ BAR PRONATED CURL: Dumbbell pronated curl, cable pronated curl, barbell pronated curl

EZ BAR SUPINATED CURL: Dumbbell supinated curl, cable supinated curl, barbell supinated curl

FRONT SQUAT: High-bar box squat, safety bar squat, goblet squat

GLUTE-HAM RAISE: Nordic ham curl, glute bridge, reverse hyper, cable pull-through

HACK SQUAT: Smith machine squat, leg press (feet lower on platform), high-bar box squat

HAMMER CURL: EZ bar pronated curl, rope hammer curl

HAMMER "CHEAT" CURL: EZ bar pronated "cheat" curl, rope hammer "cheat" curl

HANGING LEG RAISE: Captain's chair crunch, reverse crunch

HELMS ROW: Humble row, chest-supported T-bar row (pronated grip)

HIP ABDUCTION:

- **BANDED:** Machine hip abduction, weighted hip abduction
- **MACHINE:** Banded hip abduction, weighted hip abduction
- **WEIGHTED:** Banded hip abduction, machine hip abduction

INCLINE DUMBBELL CURL: Bayesian curl

INCLINE DUMBBELL SHRUG: T-bar shrug, smith machine shrug

INVERSE ZOTTMAN CURL: Hammer curl, EZ bar curl

L-SIT HOLD: Captain's chair straight-leg hold, hanging leg raise (5-10 reps), long-lever plank (30 sec hold)

LARSEN PRESS: Dumbbell bench press (no leg drive)

LATERAL RAISE (CHOICE):

- **BAND:** Machine lateral raise, Egyptian lateral raise, dumbbell lateral raise
- **CABLE:** Machine lateral raise, band lateral raise, dumbbell lateral raise
- **DUMBBELLS:** Machine lateral raise, Egyptian lateral raise, band lateral raise

LEG CURL (CHOICE):

- **LYING LEG CURL:** Seated leg curl, sliding leg curl
- **SEATED LEG CURL:** Lying leg curl, sliding leg curl

LEG EXTENSION: Sissy squat, goblet squat

LEG PRESS: Goblet squat, walking lunge

LONG-LEVER PLANK: Ab wheel rollout, plank, hollow body hold

MACHINE SHOULDER PRESS: Seated dumbbell shoulder press, dumbbell Arnold press

MACHINE "STRICT FORM" ROW: Cable "strict form" row, dumbbell "strict form" row

MEADOWS ROW: Helms row, humble row, chest-supported T-bar row (overhand

grip)

MULTI-HEIGHT CABLE CROSSOVER: Flat-to-incline dumbbell flye, pec deck

NECK FLEXION/EXTENSION: Neck bridge, isometric yoga ball wall neck hold

NORDIC HAM CURL: Swiss ball leg curl, sliding leg curl, seated leg curl, lying leg curl

OMNI-GRIP LAT PULLDOWN: Omni-grip pull-up, chin-up, neutral-grip pull-up

ONE-ARM ROW: Cable single-arm row, dumbbell chest-supported row

PAUSE BARBELL BENCH PRESS: Pause dumbbell bench press

PAUSE DB INCLINE PRESS: Pause deficit push-up, pause barbell incline press

PEC FLYE: Machine flye (pec deck), cable flye, DB flye, banded push up

PENDLAY ROW/BENT OVER ROW: Dumbbell row, cable seated row

PIN SQUAT: Pause barbell back squat (1-2 sec pause in the hole), box pause squat (1-2 second pause on the box)

PINCH GRIP CURL: Pronated (reverse-grip) dumbbell curl, pronated (reverse-grip) EZ bar curl

PLATE SHRUG: Dumbbell shrug, barbell shrug

PRISONER BACK EXTENSION: Dumbbell 45° hyperextension, supermans

PRONE TRAP RAISE: Face pull, dumbbell rear delt flye

RESET DEADLIFT: Sumo/conventional deadlift, trap bar deadlift

REVERSE PEC DECK (PROTRACTED SCAPULAE): Face pull, dumbbell rear delt flye

REVERSE PEC DECK (PROTRACTION/RETRACTION ROM): Cable reverse flye, dumbbell rear delt flye

ROPE OVERHEAD TRICEPS EXTENSION: Dumbbell overhead triceps extension,

band overhead triceps extension

SEATED CABLE ROW: Chest-supported T-bar row, dumbbell row, barbell row

SEATED FACE PULL: Cable reverse flye, dumbbell rear delt flye, reverse pec deck

SINGLE-ARM OVERHEAD TRICEPS EXTENSION: Single-arm dumbbell overhead triceps extension, single-arm band overhead triceps extension

SINGLE-ARM PULLDOWN: Lat pulldown, band lat pulldown

SINGLE-LEG HIP THRUST: Hip thrust, glute bridge, dumbbell 45° hyperextension

SISSY SQUAT: Leg extension, goblet squat

SLIDING LEG CURL: Seated leg curl, lying leg curl, swiss ball leg curl, Nordic ham curl

STANDING CALF RAISE: Seated calf raise, leg press calf press

TRICEPS PRESSDOWN: Band triceps pressdown, rope overhead triceps extension, dumbbell triceps kickback

TRICEPS PRESSDOWN 21S: Band tricep pressdown 21s, rope overhead triceps extension 21s, dumbbell triceps kickback 21s

UNILATERAL LEG CURL (CHOICE): Lying leg curl, seated leg curl, sliding leg curl

UNILATERAL LEG PRESS: Leg press, dumbbell walking lunge, reverse lunge, dumbbell step-up

UNILATERAL STANDING CALF RAISE: Unilateral leg press calf press, unilateral seated calf raise, standing calf raise

WALL SLIDE: Cable external rotation, band external rotation

WEIGHTED CRUNCH: Cable crunch, bicycle crunch, bodyweight crunch
(increase reps to hit RPE)

WEIGHTED ECCENTRIC-OVERLOAD PULL-UP: Pull-up (increase reps to hit RPE), lat pulldown, neutral-grip lat pulldown

WEIGHTED NEUTRAL-GRIP PULL-UP: Pull-up, neutral-grip lat pulldown

WEIGHTED PULL-UP: Lat pulldown, neutral-grip lat pulldown

WIDE-GRIP LAT PULLDOWN: Wide-grip pull-up, wide-grip assisted pull-up, band lat pulldown



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Thank you so much for your support and good luck with the training!



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